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Mamma/Sandy Recipes are a **chosen collection** of ethnic and favorites, **mouth-watering** recipes that work for everyday cooking and baking. The recipes include over 50 years of European family/friends hand downs, hard to find and straight from the source. **Most recipes are quick and easy.** The ingredients in this collection are the key to the fantastic taste!

Mamma Sandy Recipes

A Collection of Ethnic and Favorites

Ethnic Food Pictured - Photos from <http://www.brama.com/>



Varenyky (Dumplings)



Kolbasa (Sausage)
and Sauerkraut



Holubtsi
(Stuffed Cabbage)



Borsch (Beet Soup)



Borsch with Varenky
(Pirogies w/ Mushroom)



Potato Pancakes
(Mlyntsi/Plyatsky)

Welcome!

Thank You for Purchasing Mamma Sandy Recipe Book!

If you have a taste for some really delicious meals, I have it right here for you to try. My collection of recipes will win you over so that you will find yourself using it over and over. I'm giving you recipes that have been handed down to me by my European family and friends. Only other ethnic persons may know about the ethnic dishes I have here. But, you don't have to be ethnic to try it. I have also gathered my favorite American recipes and created some of my own (Tomato Sauce, Stuffing, Eggplant Lasagna, Hamburg/Meatball mixture). Mostly all types of recipes are quick and easy. Just click one of the "Pages" links and discover how tasty your meal will be.

Enjoy!

Mamma Sandy

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Mamma Sandy Recipes

A Collection of Favorites - Purely Ethnic - Christmas 12 Courses

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ACORN SQUASH BARBECUE

Cut Acorn Squash in half, slice off ends, take out the pits
Croutons in each half
Pour some red wine on croutons
Spoon 3 tbsp honey in each half
Salt & tiny bit of ginger

Wrap it in foil and put on barbecue

ACORN SQUASH, ETC.

Acorn squash or any kind of squash
Stick of butter
Water
Salt & Pepper to taste

Chop or slice squash into a stove top pan. Add water so it reaches halfway. Boil first then cook on medium until soft. Add the butter.

APPLE BREAD

1/2 cup Crisco shortening
1 cup sugar
2 beaten eggs
1 tsp baking soda dissolved in 2 tablespoons milk
1 tsp salt
2 cups flour
2 cups medium apples, diced
1/2 cup nut meats (optional)

Mix together; batter will be thick.

Before baking, sprinkle the following mixture on top: 2 tablespoons flour, 2 tablespoons sugar, 2 tablespoons butter, 1 tsp. Cinnamon.

Bake for 1 hour at 350° in a greased, regular size loaf pan or 2 small loaf pans.

APPLE PIE - MAMMA'S

6-8 apples, cut up
3 cups of flour
1 egg
pinch of salt
3/4 cup lard
1 stick butter
3 teaspoons sugar
1/2 teaspoon cinnamon

Set aside cut up apples.

Mix all ingredients in bowl by hand until it looks like crumbs. Add one egg to the mixture and dough is made.

Split the dough for top and bottom. Roll it thin (doesn't usually roll good but do the best you can) on waxed paper. Use the dough on/with wax paper to transfer to pan.

Place one sheet on bottom of pie pan. Put apples in and sprinkle with cinnamon, sugar and a spoonful of flour. Put top sheet on. Baste top with water and sprinkle it with sugar.

Bake 375° until golden crust appears.

APPLE PIE (Old Country)

6-8 apples, cut up
1 cup sugar
3 heaping tablespoons butter, or more (about a stick)
3 tablespoons (heaping) sour cream
3 level teaspoons baking powder (if fresh, put less)
1 teaspoon vanilla
3 egg yolks
3 cups flour

Use a large rectangle glass oven dish (Pyrex or Corning).

Mix up ingredients in a bowl as you would with a pie shell, but roll it out thin to meet the rectangle shape of the baking dish.

Cut apples as you would for a pie; lay them across the bottom piece, smoothing it out. Sprinkle a bit of flour, sugar, and cinnamon. Also sprinkle a bit of butter. Lay the top layer on. Baste it with water and sprinkle sugar. Fork it.

Bake about 1 hour at 350° until top is brown. Cut pieces right away.

Apple Strudel Cake

Use Paska/Punchiki recipe (page 45)

Roll dough for a 9 x 14" pan (1/2"-3/4" thin layer)
Lay sectioned cut apples on top
Sprinkle with Crumble recipe (See Pg 28)

Bake in 350° oven until lightly browned.

APRICOT CRESCENT COOKIES

2 sticks margarine & 2 sticks butter (or all butter)
4 eggs
4 cups flour
2 tsp baking powder (if powder is old, put more)

Mix up by hand. If too thin, add more flour.

Make tiny balls.

Roll in powdered sugar, then flatten with the rolling pin.

Fill with apricot filling.

Wrap it and bend it so it looks like a crescent (1/4 moon).

Place on greased cookie sheet.

Bake in 350° oven until brown.

Filling:

Box of Apricots

Wash the apricots and put water level with them. Cook 10 or 15 minutes. Add sugar for taste and mash them.

BANANA BREAD

Heat oven 325°

3 ripe or overripe bananas (4 if small)

1 cup of sugar

1 egg

1/4 cup melted butter

1 1/2 cups flour

1 tsp baking soda

1 tsp salt

1 cup walnuts or pecans (optional)

Mash bananas with fork. Stir in other ingredients. Pour into Teflon or buttered loaf pan. Bake 1 hour.

BEEF STEW

2 lbs beef cut into chunks
8 medium-large potatoes cut up
3 lbs carrots sliced
1 large onion, diced
1/2 cup flour
16 oz can tomato sauce
1/2 cup parsley flakes
1 teaspoon salt
Pepper, Garlic powder to taste
Water to cover ingredients

Fry onion in butter until light brown. Put it in an oven pot for baking later.

Fry beef until browned. Put it in the pot.
Place rest of ingredients in pot and fill with water to cover all ingredients.

Bring to a boil on top of the stove.

Bake in 350° oven for 1 to 1 1/2 hours.

BEET SOUP - BORSHCH

Meatless Borshch

1 large onion, chopped
3 tbsp. vegetable oil
1 cup fresh or dried mushrooms
2 cups beets, sliced into strips
1 cup diced carrots
1 potato, diced
1 tsp. fresh parsley
1/2 tsp. dill (fresh or frozen)
8 to 9 cups water
3 cups shredded cabbage
1/2 cup tomato juice
3 peppercorns
2 cloves garlic, crushed
salt and pepper
1 tablespoon lemon juice

Sauté onion in oil until transparent. Add mushrooms, sauté slightly and set aside. Cover beets, carrots, potato, parsley/dill with water and cook until barely tender. Add cabbage and cook until slightly tender. Add onions, mushrooms, tomato juice, peppercorns, garlic and salt and pepper to taste. Bring to boil. Add lemon juice and serve.

BLUEBERRY MUFFINS

6 Muffins

1 cup flour
1/4 cup butter
1/2 cup sugar
1 eggs
1/4 cup milk
1/4 teaspoon salt
1 teaspoons baking powder
1 1/4 cups blueberries
1 teaspoon sugar for the top

12 Muffins

2 1/2 cups flour
1/2 cup butter
1 cup sugar
2 eggs
1/2 cup milk
1/2 teaspoon salt
2 teaspoons baking powder
2 1/2 cups blueberries
2 teaspoon sugar for the top

Cream butter + sugar (mixer or blender).

Add eggs one at a time.

Sift dry ingredients and add alternately with milk. Stop mixer.

Fold 1/2 the blueberries by hand. Add rest of berries same way.

Grease muffins tin.

Fill mixture high in tin cups.

Sprinkle tops with sugar.

Bake 375° for 25 - 35 minutes.

BREAD & BUTTER PICKLES

4 quarts pickles, cut in thin slices
4 large onions, sliced, with salt to taste

Put slices in cold water and let them stand for 3 hours. Then drain the water.

HEAT:

4 cups white vinegar
4 cups sugar
1 teaspoon mustard seeds
1 teaspoon celery seeds
1/2 teaspoon turmeric

Bring to a boil. Then simmer pickles and onions in the water for 5 minutes. Put in jars (while hot) with juice and close.

BREAD - CHALLAH

To make this bread easier to prepare, shape the dough into two loaves after the second rising instead of forming braided loaves, as is traditional. Place each loaf in a buttered 9x5x3-inch loaf pan and continue as per recipe.

1/2 cup warm water (heated in microwave oven or on stove 105°F. to 115°F.)
2 tablespoons dry yeast
1 tablespoon sugar

Combine 1/2 cup warm water, yeast and 1 tablespoon sugar in large glass measuring cup and stir until yeast dissolves. Let yeast mixture stand at room temperature until foamy, about 10 minutes.

5 large eggs
3/4 cup vegetable oil
3/4 cup sugar
1 teaspoon salt
2/3 cup warm water (heated in microwave oven or on stove 105°F. to 115°F.)
7 1/2 cups (about) all-purpose flour

NOTE Water must not be hot as it will kill the yeast.

In large bowl of heavy-duty mixer fitted with whisk attachment, beat 5 eggs until blended. Add oil, salt and 3/4 cup sugar and beat until pale yellow and slightly thickened, about 4 minutes. Beat in 2/3 cup warm water. Add yeast mixture and beat until blended. **Remove whisk and fit mixer with dough hook.** Add enough flour 1 cup at a time to form smooth dough, beating well after each addition. Beat on medium speed until smooth and elastic, about 5 minutes, adding flour by tablespoonfuls if sticky. Turn out onto floured surface and knead 2 minutes.

Lightly oil large bowl. Add dough, turning to coat with oil. Cover with plastic wrap, then with clean kitchen towel. Let dough rise in warm draft-free area until doubled in volume, about 1 hour.

Punch down dough. Cover with plastic and clean kitchen towel and let rise 30 minutes.

Grease 2 large baking sheets. Turn out dough onto lightly floured surface. Divide dough into 2 equal portions. Divide each portion into 3 equal pieces. Roll each piece into 9-inch-long rope. Braid 3 ropes together; pinch ends together to seal. Repeat with remaining dough pieces, forming 2 braids. Place each braid on baking sheet. Cover with towel. Let rise in warm area until almost doubled, about 30 minutes.

1 large egg yolk
1 tablespoon water

Preheat oven to 400°F. Whisk yolk with 1 tablespoon water to blend. Brush dough with egg mixture. Bake 10 minutes. Reduce oven temperature to 350°F. Bake until bread is golden brown and sounds hollow when tapped on bottom, about 35 minutes. Transfer loaves to rack and cool completely. *(Can be prepared 1 day ahead. Wrap tightly in plastic and store at room temperature.)*

Makes 2 loaves from "The Cook's Exchange"

BROCCOLI WITH MUSHROOM

1 can mushroom soup
1 bunch broccoli
2 to 4 slices cheese from deli
Salt, Pepper, Garlic Powder to taste

Steam cook broccoli partially and set aside.
Warm mushroom soup on stove in a pan adding broccoli and cheese. Add salt, pepper, garlic powder according to your taste.

BROCCOLI WITH MUSHROOM - Stir Fried

1 bunch broccoli
1 onion diced
2 small cans mushroom pieces
1/2 stick butter
Salt, Pepper, Garlic Powder to taste

Steam or partially cook broccoli on stove or microwave. Set aside.

Fry diced onion until golden brown in butter.
Pour one can mushrooms with water into golden brown onions.
Add one can drained mushrooms. Add broccoli.
Add salt, pepper, garlic powder according to your taste.

Cook in pot on stove or oven for about 10 minutes or so.

BROCCOLI SUPREME

1 1/2 lbs fresh broccoli or 1 10 oz pkg frozen chopped
1 can condensed cream of chicken soup
1 tbsp all purpose flour
1/2 cup dairy sour cream
1/4 cup grated carrots
1 tbsp grated onion
1/4 tsp salt
1/8 tsp pepper
3/4 cup herb-seasoned stuffing mix
2 tbsp butter or margarine, melted

Prepare frozen broccoli according to directions on frozen pkg. Add flour to broccoli last 5 minutes.

OR . . .

Remove outer leaves of broccoli and tough part of stalks: discard.

Cut the flowerets (bushy part) off top of broccoli and set aside. Cut remaining broccoli into 1" pieces. Cook stalks in boiling salted water 5-8 minutes; add flowerets. Cook 5 minutes more.

Drain fresh or frozen cooked broccoli. Set aside.

Blend together soup & flour. Add sour cream, carrots, onion, salt & pepper; stir in the cooked broccoli. Pour into 2 quart casserole.

Combine stuffing mix and melted butter. Sprinkle around edge of the baking dish (casserole).

Bake 350° for 30-35 minutes.
Makes 6 servings.

CARROTS - GLAZED

4 large carrots (1 pound)
3 tablespoons packed brown sugar
2 tablespoons margarine or butter
1 tablespoon water
1/2 teaspoon salt
1/8 teaspoon ground cinnamon

Cut carrots into long thin strips. Set aside.

Combine brown sugar, margarine, water, salt and cinnamon in 1 1/2 quart casserole. Microwave at HIGH until margarine is melted (about 45 seconds to 1 1/2 minutes).

Stir in carrots until coated. Cover and microwave at HIGH until carrots are tender (about 8 to 10 minutes).

Makes 4 to 6 servings.

CHEESECAKE CRUMB CRUST

15 graham cracker squares
1/2 cup sugar
1/2 tsp cinnamon
1/4 cup melted butter

USE BLENDER

1. Break 5 graham crackers into blender container
2. Cover. Press BLEND for 6 seconds.
3. Empty crumbs into bowl
4. Repeat with 5 more crackers.
5. Repeat with last 5 crackers.
6. Add sugar, cinnamon, melted butter. Stir until crumbs are moistened and press into a buttered 8 or 9" pie plate.
7. Chill until ready to fill, or bake in a preheated 400° oven for 6 minutes. Cool before filling.

Use Cheesecake Filling recipe on next page.

CHEESECAKE FILLING

Store bought Crumb Crust or make your own from graham crackers (see previous page)

2 eggs

1/2 cup sugar

2 teaspoons vanilla

1 1/2 cups sour cream

1 lb (2 8-oz packages) soft cream cheese cut into pieces

2 tablespoons melted butter

USE BLENDER:

1. Into blender container put eggs, sugar, vanilla, and sour cream.
2. Cover. Press the liquefy button for 15 seconds.
3. With motor on, remove cover & gradually add cheese chunks. Add melted butter.
4. Pour cheese mixture into prepared crumb crust and bake in oven preheated at 325° for 35 minutes or until set in center. Filling will be very soft, but will firm up as cake cools.

Chill thoroughly before serving.

Chicken Kyiv

This recipe will delight you in its taste. It should be prepared in a cool environment. This recipe is from the "Ukrainian Daughter's Cookbook".

4 medium chicken breasts, split lengthwise and deboned
1 tablespoon chopped scallions
1-tablespoon parsley
¼ lb. stick butter, chilled
Flour
Salt
2 eggs, beaten
1-cup fine breadcrumbs

1. Place the deboned and skinned chicken breasts between two sheets of Saran Wrap and pound them flat with a wooden mallet till they are about ¼ inch thick.
2. Sprinkle each chicken breast with salt, scallions, and parsley.
3. Place a stick (1/8 of a ¼ lb. stick) of chilled butter on each cutlet.
4. Roll the chicken breast up like a jellyroll. Press ends to seal.
5. Dust each cutlet with flour, dip into beaten egg, and roll in fine breadcrumbs.
6. Chill in the fridge for 1 to 2 hours.
7. Fry in deep, hot fat at 340 F for about 5 minutes or until golden brown.

CHICKEN SOUP

Chicken bones

Chicken meat

4 stalks Celery

¼ cup Onion Flakes

Package of Green Leaf Lettuce or Chicory

2-3 pounds carrots sliced

1 cup Rice or 8 oz. thin spaghetti

1 or 2 teaspoons Salt

Place Chicken Bones in a good-sized pan

Fill to the top with water and a little salt

Slow boil on stove top

When comes to a boil, skim some of the froth from the top

Boil for 10 minutes if bones have been cooked already

Or, Boil for 1/2 an hour to 45 minutes if uncooked

Strain out the bones and keep the broth

Continue with a soft boil & add:

carrots, celery, onion flakes

Add green leaf lettuce or chicory,

Add rice or macaroni,

Add leftover chicken cut up.

Cook until flavor is satisfactory, about 15 or 20 minutes more.

CHOCOLATE FUDGE (Microwaved)

1 box confectioner's sugar
1/2 cup bakers cocoa
1/4 tsp salt

Mix together, then add:

1/2 cup milk
1 tbsp vanilla
1 stick butter

Put in microwave on high for 2 minutes. Stir vigorously, add walnuts. Pour in dish lined with wax paper or greased (Pam is fine) dish. Refrigerate 1 hour or freezer 1/2 hour.

Or

3 cups semi-sweet or milk chocolate chips
1 can (14 oz) sweetened condensed milk
1/4 cup margarine or butter
1 cup chopped walnuts

Place all ingredients in large bowl except nuts
Microwave on medium (50%) until chocolate chips are melted (3-5 minutes) stirring once or twice during cooking. Remove from microwave and stir in nuts. Pour into well greased square 8" x 8" baking dish. Refrigerate it until it sets.

COFFEE FROSTING (MAMMA'S)

4 tablespoons sugar
4 yolks
1/2 glass milk
1 tsp flour

Combine all ingredients in double boiler. Stir until it bubbles. Mixture may be thin. Remove from heat and let it cool off.

1/2 lb butter (2 sticks)
powdered sugar

In a mixing bowl, mix until fluffy

Add above mixture one spoon at a time until all gone.
Don't overbeat.

Add flavor (Coffee or Lemon or Vanilla or Apricots or Chocolate, etc.)

Coffee Flavor:

In shot glass, add one tsp water and 2 or 3 tsp of instant coffee.

CORN BREAD

This corn bread is particularly moist and flavorful served warm. It's a delicious accompaniment to soups and stews.

6 tablespoons butter
1-1/2 cups yellow cornmeal
1-1/2 cups all-purpose flour
3 tablespoons sugar
1-1/3 tablespoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1-3/4 cups buttermilk
2 large eggs
2/3 cup frozen corn kernels

Preheat oven to 425°F. Place butter in a Roast/Bake Pan and place in oven to melt butter. Remove from oven and reserve.

In a food processor fitted with the metal blade, process cornmeal, flour, sugar, baking powder, baking soda and salt until combined, about 10 seconds. Add buttermilk and eggs; process until mixed, about 5 seconds. Scrape work bowl and add corn kernels; pulse only once until just combined. *You can use a blender if you don't have a food processor.*

Pour into prepared pan and bake until a toothpick inserted in the center comes out clean, about 20 - 25 minutes. Cool and cut into 2-inch squares

Makes 24 servings

CORN CHOWDER

Blending the milk and corn together creates a creamy consistency without the fat and calories of heavy cream. Pieces of potato and leek add an inviting texture

1 tablespoon butter or margarine
1 medium leek, white only, washed, cut into 1-inch pieces
1 medium onion, cut into 1/4-inch pieces
2 celery ribs, peeled, sliced in 1/4-inch pieces
1 medium potato (about 9 ounces), peeled, cut into 1/2-inch pieces
1 2/3 cups reduced-sodium chicken broth
1 bay leaf
1/4 teaspoon dried thyme
1 1/3 cups 2% milk
2 cups corn kernels (fresh or frozen, thaw if frozen), divided salt and pepper to taste

Melt butter in a 3-3/4-quart saucepan over medium heat. Add leek and onion; cook over medium heat for 3 minutes. Add celery and sauté until soft, about 2 minutes. Add potato, broth, bay leaf and thyme. Cover and bring to a boil over medium-high heat. Reduce heat to low and cook, partially covered, until potato is tender, about 8 - 10 minutes.

Place milk and 1 cup corn kernels in a Blender jar. Place cover on blender jar. Turn blender ON and blend on Liquefy until combined, about 25 - 30 seconds. Turn blender OFF.

Add milk mixture and remaining corn to saucepan. Season with salt and pepper, if desired. Cook gently over low heat until heated through. Remove bay leaf before serving.

Makes 7 6-ounce servings

CORNISH HENS for COOKOUT

3 or 4 Cornish Hens

Acorn Squash any amount or 1/2 per person

Zucchini any amount

Eggplant any amount (used for stuffing & a side entry)

STUFFING for HENS

Put in bowl:

- 1/4 Eggplant diced
- 1 cup precooked rice
- some croutons (not too much)
- Fresh mushrooms, 6 or 8
- Bit of garlic salt (1/4 tsp) or garlic powder
- Salt & Pepper to taste
- Sage leaves
- A little dry red wine

Skin 1/2 of one eggplant and make 7 slices 1/4" and dice it. Mix above stuffing ingredients. Stuff the birds. Put right on charcoal and brown them. When brown, put more butter and garlic salt and wrap in heavy foil. Continue to barbecue until cooked. You can test the cooking with a fork

ACORN SQUASH: Cut in half and slice off ends. Take out the pits. Put croutons in each half. Add some red wine. Put 3 tablespoons of honey in each one. Salt and put a tiny bit of ginger. Wrap it in foil and put on barbecue.

EGGPLANT, rest of: Take the rest and make 1 1/2" or 2" slices. Tear a piece of aluminum foil for each slice. Make a cavity in the middle of the slices. Put left over stuffing in them. Put dabs of butter on top. Wrap in foil and put on the barbecue.

CREPE - NALYSNYKY (nalisniki)

Version 1 Sweet

This meal is good for breakfast, lunch or supper.

You will need 2 bowls & a baking dish or two!

This is Mamma Sandy's Favorite!

Pancake Mixture - Mix and Set aside

Feeds 2

1 cup flour

2 tablespoons sugar

1 egg

1/2 cup milk (add more if needed)

1 teaspoon vegetable oil

Feeds 4+

3 cup flour

3/4 cup sugar

4 eggs

3 1/2 cup milk (add more if needed)

2 teaspoons vegetable oil

Inside Mixture - Mix and Set aside

Feeds 2

2 cups Cottage Cheese

2 tablespoons sugar

1/2 teaspoon of salt

1/2 teaspoon cinnamon

1 egg yoke

Feeds 4+

2 LRG containers Cottage Cheese

1/2 - 3/4 cup sugar

1 teaspoon salt

1 teaspoon cinnamon

2 egg yokes

Pancake mixture & resulting pancake should be thin. Add more milk if needed. You can also add water to make it thin.

Heat oil in large skillet. Pour pancake mixture with ladle. Tilt the pan back and forth. The batter should take up the fry pan size. When it is golden brown on both sides, take it out of the pan on to a dish.

Smooth inside mixture on it and roll the pancake.

Do the next and the next ones, laying them into a rectangular glass dish. Leftovers can be frozen.

Cook in oven 375° until it sizzles.

If you want, you can double the recipe and freeze any leftover Nalysnyky as this takes some time to make.

CREPE - NALYSNYKY (nalisniki)

Version 2 No Sugar

This meal is good for breakfast, lunch or supper.

Pancake Mixture - Set aside

2 eggs
1/2 cup milk
3 tbsp. water
1/2 cup flour, sifted
1/4 tsp. salt

You will use a fry pan for this recipe.
Double the recipe for 13" x 9" pan if you want to bake it.

Beat eggs until light and add the remaining ingredients.

Use a small frying pan (6" in diameter). Butter it lightly and heat well. Pour a few tablespoons of the batter into the pan, just enough to give it a thin coating. Tilt the pan back and forth to spread the batter evenly. Cook the cakes over a moderate heat. When lightly browned on the bottom, remove the cakes and stack on a plate. They should not be turned over. This is the secret to tender cakes. In other words, they should just be cooked on one side. Continue baking in this manner until all the batter is used. Butter the pan lightly each time.

Spread the cakes with a sweet or savory filling. When rolling the cakes with filling, place browned side on the outside. Arrange the rolled cakes in a buttered baking dish. Dot each layer with butter. Bake in 350 degree F oven for 20 minutes. Serve savory with sour cream if desired. A double recipe yields about 26 cakes.

NALYSNYKY FILLINGS:

Cottage Cheese:

2 cups cottage cheese
2 egg yolks
2 tbsp. cream (or milk)
1/4 tsp. salt
1 tsp. chopped dill if desired

Mash the cottage cheese or press through a sieve. Add all the remaining ingredients, mix thoroughly. Spread 1 tbsp. of the filling on the nalysnyky and roll. Proceed as directed in the recipe for nalysnyky above.

Crushed fruit filling

Fill nalysnyky with crushed sweetened strawberries, raspberries, blueberries, pitted cherries, or other fruit.

These can be served with whipped cream.

CRUMBLE FOR COFFEE CAKE

Use Paska/Punchiki Recipe for Coffee Cake Dough

(see page 45)

For One 9" Round Pie Pan or 8" x 8" pan
(double or triple amount for a larger size pan)

1 stick of cold butter.

3 handfuls of flour.

About 1/2 cup sugar.

Add cinnamon for taste.

Use a bowl.

Stir around with hands until everything is crumbled. If crumbs are too big, add more flour.

Add dough to baking pans, about 1" to 1¼" high.
Sprinkle the crumble and coat it heavily. Bake 350° until golden brown.

EGGPLANT FRIED

Large Eggplant sliced
1 egg
1/4 cup milk
Salt, Pepper, Garlic Powder
Bread crumbs

Mix with fork: egg, milk & spices. Roll sliced eggplant in egg mixture. Roll it in the bread crumbs. Fry it in oil until golden brown. Makes 4 servings.

Also see [Zucchini Dish](#) but use eggplant

EGGPLANT LASAGNA

Prepare eggplant as above using 2 eggplants. Fry and set aside.
2 pounds of ground hamburger and a 1/4 pound ground pork
2 large can tomato sauce
1 pound Mozzarella cheese grated or diced
Grated Cheese
Salt, Pepper, Oregano, Garlic Powder, Parsley Flakes
1 container cottage cheese

Fry onions to golden brown then fry hamburger and set aside.
In rectangle glass dish, pour some tomato sauce on bottom.
Mix seasoning, fried meat, fried onions and Mozzarella with the rest of the sauce.
Spread the first layer of the prepared eggplant.
Spread Cottage Cheese, then sauce mixture, then Grated Cheese.
Repeat process.
Bake in oven 350 until done (sizzling).

NOTE: For regular pasta lasagna, use same mixture with the packaged lasagna but without the eggplant. Or, try using both!

GINGERBREAD COOKIES

A recipe near and dear to everyone's heart

2 ½ cups all-purpose flour
½ cup shortening
½ cup packed light brown sugar
½ cup dark molasses
½ teaspoon ground ginger
½ teaspoon ground cinnamon
1 egg
1 tablespoon distilled white vinegar

Beat together shortening and half the flour making crumb-like mixture.

Add sugar, molasses, ginger, cinnamon, egg and vinegar. Blend thoroughly.

Stir in remaining flour and mix until smooth. Chill covered for at least 3 hours.

Preheat oven to 375 degrees F. Lightly grease molds. Place molds in freezer for 10 minutes.

Remove molds from freezer and press dough into molds. Loosen edges of the cookie, turn upside down and let fall onto the cookie sheet.

Bake for 10 to 12 minutes or until edges begin to brown. Cool and decorate with sugar sprinkles.

GREEN BEANS with SILVERED ALMONDS

1 1/2 pounds fresh green beans
1/2 cup hot water (microwave it)
1 teaspoon salt
1/3 cup silvered almonds
3 tablespoons margarine or butter
1/4 teaspoon ground nutmeg (optional)
1/4 teaspoon pepper

Wash beans and cut off ends. Cut beans into 1 to 1 1/2" pieces. Place beans in 2-quart casserole. Stir in water and salt into beans. Cover. Microwave at HIGH until beans are tender (9-13 minutes), stirring once. Let stand 2-3 minutes. Drain.

Mix almonds, margarine, nutmeg and pepper into dish and microwave HIGH until margarine is melted and beans are heated (about 1 minute).

MY GREEN BEANS

Package of frozen green beans *or Fresh green beans*
1/4 stick of butter
Salt and Pepper to taste
Garlic Powder to taste

Microwave to package directions (fresh beans 10 minutes stirring after 5 minutes). Remove. Add butter, salt and a generous amount of garlic powder. Cover and shake it so everything gets mixed.

Fresh green beans: steam beans and remove while still hard. Add the ingredients.

Hamburger Rounds - Kotleties

You can use this Recipe for Meatballs too!

2 pounds lean hamburger
1/2 cup oatmeal
2 eggs
1 cup water or canned tomato sauce
1/2 cup dried parsley flakes
Salt, Pepper Garlic Powder to your taste
2 tablespoons of onion flakes
Flavored Breadcrumbs
Oil for fry pan

Combines all ingredients except flavored breadcrumbs.
Mix with your hand.

Make a large meatball sized to fit your hands and flatten it a bit.

Roll it in the flavored breadcrumbs.

Fry on both sides until brown or fry both sides until light brown, then bake in oven until it sizzles.

Eat with rice or potatoes, vegetable and/or salad.
Leftovers can be frozen.

Meatballs

All the above. Add oregano for taste (about 1 teaspoon per 2 pounds of meat).

HAMBURGER PIE

For 1 Pie Plate

1 medium onion, chopped
1 clove garlic, chopped
(put these in bottom of pie plate)

1 1/2 lbs hamburger chunks
(put on top of onion and garlic)

Bake in oven (10 minutes at 425°) until brown. (set aside)

1/2 cup cheese (any kind)
1 1/2 cups of milk
3/4 cup of Bisquick
3 eggs

Mix, pour over meat and bake until golden brown.

Serve with a vegetable.

HUNZA DIET BREAD

The author/link is removed because her "unsubscribe" to the email list does not work as noted by some of our UNEC Cyber Community (www.unec.net) users.

Hunza Diet Bread is a delicious, dense, chewy bread that's very nutritious and is almost impervious to spoilage. The following recipe makes a huge batch of approximately 60 (sixty) 2 inch squares, high in protein, vitamins and minerals. Keeps weeks at room temperature, even longer in the fridge and indefinitely in the freezer. The recipe for this wonderful bread is as follows:

4 cups of water
3 ½ to 4 pounds of natural buckwheat or millet flour
1 ½ cups of canola oil
1 ½ cups of natural unrefined sugar
16 ounces of honey
16 ounces of molasses
4 ounces (half cup) of powdered Soya milk
1 teaspoon sea salt
1 teaspoon cinnamon
1 teaspoon ground nutmeg
2 teaspoons baking powder (non aluminum)

Hunza Diet Bread has a taste that is very satisfying and chewy all on its own, but you may also add if required, apricots, raisins, chopped walnuts, almonds, sliced dates to the above ingredients. Mix ingredients. Grease and lightly flour cooking pan (s). Ideally use baking trays with about 1 inch high sides. Pour batter in pan(s) half an inch thick over the base. Bake at about 300 degrees Fahrenheit (150 C.) for 1 hour. After cooking, dry the bread in the oven for two (2) hours at a very low heat - 90 degrees Fahrenheit (50 C). After it is cooled, tip out and cut into approx 2 inch x 2 inch squares. Store it wrapped in cloth in a container.

You may need to repeat the baking depending on the size of your baking pan, and oven, until all the mixture has been used.

Hunza Diet Bread is made from natural buckwheat or millet flour. It is rich in phosphorous, potassium, iron, calcium, manganese and other minerals, as nothing has been destroyed in the preparation from the wheat. Thus it contains the essential nourishment of the grain. This is why you must ONLY use natural buckwheat or millet flour to make your own Hunza Diet Bread.

See next page for **Suggestions to lose weight with HUNZA DIET BREAD**

HUNZA DIET BREAD

Continued from previous page . . .

Suggestions to lose weight with HUNZA DIET BREAD:

There are many ways to do it. This is another benefit. It's flexible. Here are some typical plans. Each piece of bread is thinly spread with butter for a total of approximately 100 calories.

Plan A: Eat 1 piece every 5 hours of the 16 hours you're awake. That's 3 pieces which total 300 calories. This is the fastest way to lose weight I know of. It works faster than any high protein diet. Why? You have more energy and burn more calories. Second, the high fiber bread keeps your digestive system regular. Third, your body stays healthy. A healthy body means a properly functioning metabolic system.

Plan B: Really gorge yourself with the bread. Two pieces every four hours for a total of 8 pieces but only 800 calories. You'll feel full all day. In fact, I doubt many people could eat this much of the bread.

Plan C: Eat a piece in the morning for breakfast and a piece 3 hours before your dinner and you will eat a great deal less.

Plan D: Eat a piece of HUNZA DIET BREAD, 10 minutes before you eat your regular meal. When we do this we eat only a fraction, such as 1/4 of what we would normally eat. If we wait longer than 10 minutes we don't want to eat at all.

Plan E: Eat the bread at the end of meals that don't fill you up enough, such as low calorie meals. This is a perfect way to use the bread. You eat a low calorie meal, enjoy it, then eat a piece or two of bread to fill you up. Perfect! No suffering and no urge to snack.

Plan F: Alternate Plan A, B, C, D. We recommend an alternation of the plans, but some people who just want to get the weight off as soon as possible will use Plan A exclusively.

JELL-O SQUARES

2/3 cups cold water
2 package Knox Gelatin

Combine cold water and 2 packages Knox Gelatin.
Set aside and let it thicken. Then boil it until it's clear.
Boil on stove or in microwave.

2 cups boiled water
1 box instant Jell-O, any flavor

Mix boiled water and 1 box Jell-O. Pour Jell-O into
rectangle glass dish.

Pour Knox gelatin mixture into Jell-O, stir and cool off
on counter. Then refrigerate it. Cut into 1 1/2" x 1 1/2"
squares.

Kolach - Ukrainian Braided Bread

This is served at a traditional Ukrainian Christmas Eve Supper but can be eaten anytime. This particular recipe comes from the "Ukrainian Daughter's Cookbook", Ukrainian Women's Association of Canada, Daughters of Ukraine Branch, Regina, Saskatoon. However, my mother used the same ingredients with additional things listed below. You can form the bread to be a circle or a rectangle.

3 packages yeast	1 cup of sugar	1 tsp. salt
1 cup lukewarm water	4 cups warm water	5 eggs, beaten
2 tsp. sugar	$\frac{3}{4}$ cup melted butter	13 - 16 cups sifted flour

- 1). Dissolve the sugar and yeast in 1 cup of water from row #1 above. Let it stand for 10 minutes.
 - 2). Dissolve the cup of sugar in 4 cups of warm water (or scalded milk).
 - 3). Add melted butter, salt, and beaten eggs. Mix in the flour and knead it on a board (always sprinkling flour on the bottom to knead to) till it is smooth and elastic. The dough should be a bit stiffer than for bread.
 - 4). Cover, let it rise in a warm place until double in bulk. Punch it down and let it rise again.
 - 5). Divide the dough into 3 equal parts.
 - 6). Take 1/3 of the dough and divide it into 6 equal pieces. Roll 2 pieces with your hand, to a length of about 30 inches. Do it with the other two sets.
 - 7). Put each two lengths side by side, and starting from the center, entwine the dough, thus forming a rope-like twist. You can also use 3 lengths and make a braid which is good for a rectangular shaped loaf.
 - 8). Be sure to "pinch" the dough ends of your braided loaf.
 - 9). Place the entwined dough in a circle or a rectangle along the edge of a well greased 9 inch foil pan or any baking pan.
 - if you size it to a rectangle, make the rope twist pieces a bit thicker
 - 10). Cover with a moist cloth. Set the loaves in a warm place and let them rise till almost double in size. Be careful not to let the loaves rise too long or the top braids will lose their definition. Keep an eye on it while it's rising.
 - 11). Brush the surface thinly with a beaten egg and bake at 350° F for 1 hour. This dough is temperamental just like "paska (babka)" and should not be subjected to loud noises or constantly opening the oven door.
 - 12). Bake the "kolach's" until they sound hollow when you tap the bottom. Place the finished "kolach's" on a layer of towels till cool, turning them occasionally so that that they can cool evenly.
- ADDITIONALLY:** You can add grinded lemon peel to the mixture. You can substitute scalded milk for some or all of the called-for water. You can sprinkle with poppy seeds after #11 is done and before you place it in the oven.



LIVER SALAD

Very Tasty!

1 lb liver

Wash it. Put on piece of tin foil on cookie sheet & sprinkle salt on it. Bake it in Oven 325 Degrees 15 minutes on one side, then 15 minutes on the other. There might be water on tin foil. SPILL IT OUT. Set aside.

3 large eggs

Hardboil them.

3 medium onions sliced in rings

Pour 1/2 cup oil and sauté till soft.

In Blender

Take liver out of oven and cut into little pieces. If the pieces are bigger, it will take longer to blend and the results may come out too smooth. Place in blender.

Peel eggs and place in blender.

Take onions out of oil but leave oil in fry pan. Place in blender.

“ Blend (coarsely) Egg, Liver, Onions

Mix by Hand with a Spoon

Place the blended ingredients in a bowl.

Salt and pepper it, then pour leftover oil.

DONE

If you don't want to use a blender, grate the eggs and make sure that the liver is chopped into tiny pieces.

Great for dip!

MARINATED CHICKEN WINGS

2 - 4 pounds Chicken Wings
1 large bottle soy sauce
1/2 cup sugar
1 or 2 dashes of garlic salt

Pour over 2-4 lbs chicken wings. Cover and set in refrigerator overnight. Place on cookie sheet and bake at 350° for 1 hour or until very brown.

SEASON Any Chicken Split or Whole

Barbecue Sauce for split chicken:

Pour and baste sauce on chicken. Bake at 350° for 1 hour or until very brown.

Seasoning for whole or split chicken

(mixture makes pan gravy):

1/4 cup oil on chicken and in roasting pan. Baste chicken with the oil.
Salt, pepper, paprika, garlic salt or powder (sprinkle all sides).
You can also add oregano and parsley flakes. Add to pan: 1 or 2 medium onions quartered. ----- Bake 375°, 45 minutes.

GRAVY for Chicken, Turkey, Beef

In a bowl, combine:

1 can mushroom soup and 1 package of dried onion soup mix.
3 cups water mixed with 1/2 to 3/4 cup of cornstarch per 3 cups water.
Grate 1 carrot.
Slice 1 stalk of celery.
Pour over your browning chicken, turkey, beef, etc.
Bake at 350° until brown. You can blend entire sauce in blender.

MEATBALLS

2 lbs hamburger
1 cup cornflake crumbs or oatmeal
1/3 cup parsley flakes
2 tablespoons dried onion flakes
1/3 cup tomato sauce or ketchup (optional)
2 tablespoons soy sauce
2 eggs
1/4 tsp pepper
2 teaspoons of salt
1/2 tsp minced garlic or garlic powder

Mix all of the above ingredients by hand and roll into small balls.
Broil in oven, turning so that all sides are browned.
Serve with Sandy's Tomato Sauce (page 52) and pasta.

Cranberry Meatball Sauce

1 can cranberry sauce
12 oz bottle chili sauce
2 tablespoons brown sugar
1 tsp lemon juice

Heat sauce ingredients. Pour over meatballs and bake at 350° for 45 minutes. **Serve with rice.**

Meatball Sauce

Sweet & Sour Sauce from Chinese Take-Out

Pour over meatballs and bake at 350° for 45 minutes.
Serve with rice.

MICROWAVE FISH

With Mushroom Parmesan Cheese

4 ounces mushrooms
1/4 cup onions
1 tbsp butter

Sauté onions until light brown. Remove onions from fry pan but leave and/or add more butter.
Sauté mushrooms, covered, on high for 2 minutes.

1 lb fish
1/2 tsp salt & pepper

Arrange fish in a microwave dish with the thickest part in the middle. Put some of the mixture on top & Microwave 3 minutes on high.

Take 1/2 cup sour cream & 3 tbsp parmesan cheese -- mix & pour on top of fish.

Over fish, sprinkle 2 tbsp bread crumbs and paprika -- Microwave on high for 5 minutes.

MUNDLE BREAD

2 1/2 cups flour
1 teaspoon baking powder
1 cup sugar
1/3 cup oil
1 teaspoon vanilla
3 eggs
1 tablespoon orange juice
1 teaspoon lemon juice
nuts, raisons

Electric Mixer

Beat eggs and oil . . . add sugar beating all the time.
Add flour and baking powder.
Add orange juice and lemon juice.
Add milk, nuts, raisons.

Grease cookie sheet.
Make 2 strips by hand.
Top with cinnamon and sugar.

Bake 350° for 18 - 20 minutes.

NOODLE KUGEN

1 stick melted butter
16 oz noodles
4 beaten eggs
1 lb cottage cheese
1/2 pint sour cream
1 cup sugar
1 can crushed pineapple (drained)
2 tsp vanilla
3 cups milk
Topping: Cornflakes - Cinnamon - Sugar

Put everything together in a large bowl except noodles + milk.

Mix ingredients and add uncooked noodles.

Pour into greased 13 x 9" pan.

Pour milk over ingredients.

Sprinkle cornflakes, cinnamon & sugar.

Bake 350° for 45 minutes or until dry.

OLD-FASHIONED COCONUT CAKE

Here's a simple way to make a scrumptious coconut cake: Take a boxed cake mix, add Coco López and top with flaked coconut.

Cake

1 18.5-ounce package butter recipe golden cake mix
3 large eggs
1/2 cup (1 stick) unsalted butter, room temperature
1/3 cup sweetened cream of coconut (such as Coco López)*
1/3 cup water
1 tablespoon dark rum

Frosting

2 8-ounce packages cream cheese, room temperature
1/2 cup (1 stick) unsalted butter, room temperature
1/2 cup sweetened cream of coconut
3/4 cup powdered sugar
1 teaspoon vanilla extract

1 10-ounce package sweetened flaked coconut (about 3 cups)

For cake: Preheat oven to 375°F. Butter and flour two 9-inch-diameter cake pans. Combine all 6 ingredients in large bowl. Using electric mixer, beat mixture on low speed until smooth. Increase speed to medium and beat 4 minutes. Divide batter between prepared pans. Bake cakes until tester inserted into center comes out clean, about 25 minutes. Cool in pans 10 minutes. Cut around cakes to loosen; turn out onto racks. Cool completely.

For frosting: Using electric mixer, beat cream cheese, butter and cream of coconut in large bowl until smooth. Beat in powdered sugar and vanilla.

Place 1 cake layer, flat side up, on platter. Spread layer with 3/4 cup frosting. Sprinkle with 3/4 cup flaked coconut. Top with second cake layer, flat side down. Cover top and sides of cake with remaining frosting. Press remaining flaked coconut over top and sides of cake. Chill cake until frosting is firm, at least 1 hour. Cover loosely and keep chilled until 1 hour before serving.

*Cream of coconut is available in the liquor section of most supermarkets.

Makes 12 servings

From www.epicurious.com. Visit them for more recipes.

PASKA (UKRAINIAN EASTER BREAD) **or PUNCHIKI (DONUT)**

Can also use for Coffee Cake or Apple Strudel Cake

Initial Preparation for Yeast Dough

3 oz fresh yeast or 3 packets of yeast.

1¼ to 2/3 cup of warm water *

2 cups milk (pour into yeast mix)

**NOTE* Water must not be hot as it will kill the yeast.*

When packets are diluted, put dissolved yeast in warm water into mixer or food processor that has dough blades.

Pour milk and a couple of spoons of flour. Mix this up and add 2 tbsp sugar, pinch of salt.

Add 2 or 3 cups King Arthur flour (or more, as needed - loose consistency)

Put mixture in bowl and cover with paper towel or towel

Let rise twice it's size for about an hour or two.

While Dough is rising after 1 hour, prepare:

15 yolks (save the whites if you want to make a Lemon Meringue Pie, recipe found on
Jell-O Pudding package)

1/2 lb powdered sugar (confectioner's)

2 tablespoons salt

2 oz ground almonds

1/2 lb raisins

2 sticks butter (melted)

1 or 2 cups sugar

1/2 cup sour cream

Vanillin sugar (1-3 packs)

Beat yolks, sugar, and a pinch of cinnamon slightly. Add the risen, dissolved yeast dough. Add the sour cream (optional).

Mix dough until dough comes off the hands.

Then add butter (melted & cooled), raisins and ground almonds. Mix until smooth.

Knead a little flour if dough is too soft. Cover pan and allow dough to rise.

Add dough to dishes or pans, about 1/4 full. Brush egg (for Paska) on top and put in oven. Bake 350° until golden brown.

You can use this dough to make coffee cake. The crumble for the top of the coffee cake is found on page 28.

PIROGUES (Perogies, Varenyky)

Name variations: Pirogies, Pirogues, Varenyky, Potato Dumplings

Batter

In Large Bowl:

1 egg beaten

1 cup water

1 tbsp salt

1 tbsp butter

3 cups flour

Filling

4 or 6 cups potatoes, mashed and cold

1 egg yoke

1 Cream Cheese pack

mix it

Beat one egg. Add to one cup water & 3 cups flour in a big bowl. Add tablespoon of salt and tablespoon of butter; knead it.

Roll out the dough with a roller. Use a glass to make round cuts. Place potato mixture in center of each cutout. Don't overfill. Fold it and pinch ends.

Be careful to keep uncooked pirogues/varenyky separated.

Place in a large pan of boiling water. When pirogues rise to the top of the water, they're ready to take out.

Poor Man's Perogies

1 pk Lasagna noodles

1 1/2 c Margarine or butter

4 Onions, diced

11 medium potatoes

1 lb Velveeta

Parmesan cheese, grated

Sauté 1 1/2 sticks of margarine and the diced onions until tender. Cook lasagna noodles as directed on the package. Boil potatoes until tender as for mashed potatoes. Cube cheese. After potatoes are cooked, add cheese and remaining margarine (no milk!) and mash like making mashed potatoes. In a 9 x 13 pan, layer: 1/3 of onions on bottom, layer of noodles, 1/3 of potatoes. Repeat layers ending with mashed potatoes. Top with parmesan cheese and pepper. Bake at 350F for 30 - 35 minutes. Cut into squares and serve.

POLYNESIAN CAKE

2 cups flour
2 cups sugar
3 eggs
1 cup oil
2 tsp. Baking soda
2 tsp. Vanilla
2 tsp. Cinnamon
2 jars (large size) baby carrots
4 or 5 oz of coconut
3 or 4 oz of walnuts
1 small can crushed pineapple

DO NOT USE ELECTRIC MIXER
USE FORK, SPOON or WHISK

Mix **dry** ingredients first, then add the rest. Grease and flour 9x13" pan.

Bake at 350° for one hour.

POTATO PANCAKES

1/4 cup flour
2 eggs
1 thin slice medium onion
1 teaspoon salt
2 tablespoons parsley clusters of flakes
3 cups sliced raw potatoes (2 large Idaho's)

1. Use your blender and put all ingredients except potatoes.
2. Cover and GRATE for 20 seconds
3. With motor on, remove cover and add potatoes
4. As-soon-as last piece of potato is added, PRESS OFF.
5. Pour batter onto a hot greased griddle or frying pan and cook on both sides until brown. Make sure that the batter is spread and not too thick.

You may also use a food processor instead of a blender.

Makes 8 pancakes (about 6" round)

Serve this meal with applesauce or sour cream.

POTATO KUGEN

Multiply the above ingredients. Place in a glass baking dish/pan lined with melted butter/margarine or oil if you prefer. Brush melted butter on top after the batter has baked for 7 minutes or so. The size of the dish or pan determines the multiplying. The ingredients should be about 1¼" high.

For a 9" x12" pan, multiply above ingredients by 8-10 times.

Bake in 350° oven until golden brown.

Serve this meal with applesauce or sour cream.

Potato - Parsley Potatoes

6 medium potatoes (about 2 1/2 pounds)
1/4 cup water
1/4 cup margarine or butter
1 tablespoon dried parsley flakes
1/2 teaspoon salt
1/8 teaspoon pepper
1 Tablespoon Garlic Powder (optional)

Place potatoes and water in 2-quart casserole; cover. Microwave at HIGH until fork tender (about 12 minutes), stirring after half the time. Let stand 5 minutes. Drain and set aside.

Place margarine in 2-cup glass measuring cup. Microwave at HIGH for 1 to 1 1/2 minutes. Add parsley, salt and pepper. You can also add 1 tablespoon of garlic powder for additional flavor. Pour over potatoes and toss it in the dish to coat it. Microwave potatoes for another 5 minutes.

RICE KRISPY TREATS

6 cups Rice Krispies
1 cup peanut butter
6oz chocolate bits
6 oz butterscotch bits

MICROWAVE

Melt chocolate bits and peanut butter: Microwave on medium (50%) until melted (3-5 minutes) stirring once or twice during cooking. Remove from microwave and stir Rice Krispies.

OR

STOVE

Melt chocolate bits and peanut butter over a low flame. Put into a bowl and add rice krispies.

Put foil in a 13x9 pan and spread mixture in.
Refrigerate for 1 hour and cut into squares.

SALLY'S SAUCE

(with sea shells & sausages)

1 can tomato sauce
fried onions and peppers
salt and pepper
garlic, parsley, oregano

Fry sausages and put leftover juices into the sauce.
Fry the onions until golden brown.
Fry or microwave peppers.

In the fry pan of golden browned onions, pour tomato sauce along with the rest of the ingredients.

Cook sea shells or other macaroni.

NOTE: You can fry ground hamburger and put it in the sauce if you want meat in the sauce.

SANDY'S TOMATO SAUCE

2 cans (15 oz) tomato sauce
2 cans (15 oz) crushed tomato sauce
1 can (4 oz) tomato paste
1 teaspoon sugar
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon garlic powder
1 teaspoon oregano
¼ cup parsley flakes
Roast beef (about 4-5 lbs) and/or Chicken

Preheat oven 350°. Use a very large oven pan.
Place all the above ingredients into the pan.
Place it in the oven and let it bake for 3 hours (check and stir it once or twice)

Serve it over your favorite macaroni. Use Meatballs (page 40) or sausages (recipe below).

Sandy's Sausages Broiled

Package (s) of Sweet or Hot sausages

Boil for ¼ hour.

Remove from water and place on a foiled cookie sheet.

Broil in oven until all sides are brown.

Serve with above sauce and macaroni. Serve it with fried onions & peppers on a bun.

Also serve with skillet fried potatoes. Include cooked peppers and onions or another veggie such as the recipe for Green Beans with Almonds or My Green Beans (page 31).

SAUERKRAUT

Use as a Vegetable with Pork Loin, Pork Chops or Kielbasa

1 pound sauerkraut, drained
5 slices bacon, diced
1 1/2 cups water
1 tablespoon flour
1/2 cup dairy sour cream

1. Rinse sauerkraut if mild flavor is desired. Drain well.
2. Fry bacon in a skillet until golden. Drain off 1 tablespoon fat; set aside.
3. Add sauerkraut to skillet. Fry 3 minutes, stirring often.
4. Add water. Cover and cook 45 minutes over medium heat.
5. Blend flour into reserved bacon fat. Stir into sauerkraut. Cook and stir over high heat 2 minutes. Stir in sour cream, if desired. Remove from heat.

MAMMA'S PORK in SAUERKRAUT

1 pound sauerkraut, undrained - save for oven pot
2 very large onions, sliced and fried to a light brown
1/2 small cabbage, shredded or thinly sliced
Pepper to taste
6-8 Bacon strips
Pork Loin (any size), fried in butter first to lightly brown all sides

Place sauerkraut in oven pot with fried onions, cabbage and pepper. Mix it in the pot. Place pork loin in center creating a pit. Place bacon strips on top of meat in rows. Cover pot and bake in 375° oven for about 1 1/2 hours or until you hear it sizzle. Uncover and bake a 1/2 hour at 350°.

Serve with boiled or mashed potatoes.

SCALLOPED POTATOES (Microwave)

Use large casserole dish

1" milk on bottom of glass dish
layer of 6 or 7 sliced raw potatoes
onions, pepper & salt
parsley, marjoram
2 cheeses, yellow Velveeta & white

Cook covered in microwave at 7 for 20 minutes.

SCALLOPED POTATOES (Oven)

6 medium raw sliced potatoes
3 tablespoons butter
2 tablespoons flour
3 cups milk, or more
1 tsp salt
1-4 tsp pepper
2 tablespoons chopped onion

Blend melted butter and flour. Add milk and cook until smooth and thickened. Season with salt and pepper.

Put 1/2 of potatoes in a rectangle casserole. Cover the 1/2 with sauce and onion. Add remaining potatoes and sauce.

Cover dish with foil and bake at 350° for 1 hour.
Uncover and bake until top forms a brown crust.
Sprinkle with parmesan.

SMOKED SHOULDER

Smoked Shoulder (Ham)

1 or 2 turnips

1 or more pounds carrots

3 sweet potatoes

6 white potatoes

1 onion

1 head of cabbage

Put smoked shoulder in pot of water with an onion.
Start it boiling, then turn it down.

Peel vegetables (turnip, carrot, sweet potatoes, white potatoes) and throw it in.

Cook about 1 hour and 15 minutes

Throw in the cabbage (cut it in half or quarters).

Cook 45 minutes or so more.

Cook time is 2 hours or so.

SNOWBALL COOKIES

1 cup butter
1/4 cup sugar
2 cups ground pecans
2 cups sifted flour
Confectioner's sugar

Cream butter in electric mixer until softened.
Add sugar, pecans, and flour. Mix well.
Shape into balls, using about 1 tablespoon of dough for each cookie.
Bake in slow oven (300° F) on ungreased baking sheet for about 45 minutes.
Roll in Confectioners' sugar when cookies are fresh from the oven and then again when cool.

(makes 4 dozen)

SPINACH FLAKY CHEESE ROUNDS

1 10-oz package fresh spinach
3/4 cup Cabot cottage cheese
1/2 cup Cabot cheddar, grated
1 egg, beaten
1 tbsp minced onion
2 tbsp flavored bread crumbs
1/2 tsp dried tarragon
1/2 tsp seasoned salt
dash freshly ground pepper
1/2 package phyllo pastry sheets, thawed
1 cup Cabot butter, melted

Wash spinach leaves, discarding tough stems. Cook spinach until limp, drain, chop, and cool. Mix spinach with cheeses, egg, onion, bread crumbs, and seasonings.

Open phylo onto work area. Cut sheets to measure 12" x 12". Work quickly covering each sheet with melted butter before stacking next sheet on top. Use 8-10 sheets. Keep any remaining phylo covered with wet towel. Spread spinach mixture on phyllo, leaving 1 - 2 " border. Roll jellyroll style, tucking in ends. (Can be prepared ahead and refrigerated 1 Day.)

In a 400° oven, place roll seam side down on ungreased baking sheet. Brush entire roll with butter. Bake 25 minutes. Wait 5 minutes before slicing into 3/4" slices.

Serves 4

STUFFED CABBAGE

(Holubtsi)

Medium or large head of cabbage. Freeze it then unfreeze it so the sleeves are soft for rolling. OR . . boil cabbage for 1 minute or so and wait till it cools off before rolling the sleeves with the mixture.

1 cup Uncle Ben rice
3 cups meat (2/3 ground hamburger and 1/3 ground sausage)
Salt and pepper to taste
Tomato sauce to flavor

Boil rice for 1 minute. Let it sit until it softens itself. Do this the night before you stuff the cabbage or wait 6-8 hours the day you cook.

After rice has softened:

Use your thawed cabbage or boil 1 head cabbage for 1 minute and take off each of the leaves.

Mix the boiled rice, meat and seasonings in a bowl.

Paste mixture on each leaf and roll it.

Put a layer of the rolled cabbage in large oval roasting pan. Pour tomato sauce on the layer. Repeat process. Lay bacon on top.

Cover. Bake in 350° oven until done (you'll hear it bubbling - about 1 ¼ hours).

STUFFED MUSHROOM CAPS

Package of good sized whole mushrooms
1 medium onion
Flavored Bread Crumbs enough to fill caps
Butter for frying
Salt and pepper

Wash mushrooms.
Take stems off and leave the caps.
Chop stems into tiny pieces.

Fry onions in butter until they're light brown.
Mix the onions with chopped/stemmed mushrooms.
Fry them a little together. Let cool.
Add salt, pepper, and parsley to taste.
Add flavored breadcrumbs.
Mix and fill each cap.
Place on a greased cookie sheet.

Bake in 350° oven for 25 minutes or until browned.

STUFFING FOR CHICKEN or TURKEY

You can not only stuff your chicken or turkey, but you can also bake the stuffing in a rectangle glass dish or pan.

Package of croutons OR . .
8 slices of bread (wet in water then squeeze)
1 or 2 pounds ground beef
1 cup or more ground pork OR . . .links of sausage (peel off skin)
1 egg beaten (per 1 lb ground hamburger)
handful of parsley
pepper, salt, garlic powder for taste
chicken liver chopped
onion chopped (not sliced)

Fry onions in butter till golden brown and put in bowl.
Add all ingredients and mix together. If you didn't use flavored croutons then add flavored bread crumbs.

Stuff chicken and/or place in glass dish. If stuffing is in chicken, bake chicken at least 1 ¼ hours.

If stuffing is in glass dish: use giblets with/without 4-6 bacon strips and place on top of mixture.

Bake in 350° oven till brown (about 1 hour, watch).

TABOULI SALAD

1 cup Bulger's wheat
Lots of parsley, freshly chopped
2 Cucumbers diced
2 Tomatoes diced
1/2 Lemon squeezed
1/4 cup Oil
2 dashes allspice
salt and pepper to taste

Mix all in bowl and eat! That's all there is to it!
Delicious!

WOK CHOP SUEY (BEEF, PORK OR CHICKEN)

WOK or Fry Pan

Oil

Meat (chicken, beef or pork slices)

Celery, Peas, Green Pepper (sliced), Bean Sprouts

Oil skillet or WOK - cook raw meat (chicken, beef/pork slices) - remove from WOK and set aside. *If you already have leftover meat, you can use it to throw in the completed mixture.*

In empty oiled WOK:

Add onions to golden brown - remove and set aside

Add celery, peas, peppers,

Cut up a fresh tomato while cooking for added flavor.

Add cooked meat.

Add bean sprouts

Add the **Sauce*** below into the WOK mixture

Cook until soft

* Sauce:

1/3 cup Cornstarch mixed in 1 cup cold water. Set aside.

Use one or two of these (1/2 cup for each choice):

1. Soy sauce
2. Teriyaki sauce
3. Molasses or very sweet bullion
4. Gravy mix (jar)

Pour into above mixture

Fry until it thickens.

Serve over rice and sprinkle with Chinese Noodles.

For those who like WOK food, go to:

AsianWok.com - The Premiere Online Asian Cuisine

ZUCCHINI

(Oven cooked vegetable dish)

5 zucchinis (preferably 5"- 6", not fat. If fat, skim out seeds.) cut into small pieces

1 medium or large onion, sliced.

Salt - pepper - oregano

1 can tomatoes (11 oz - 16 oz) whole or plumed (can also use crushed tomatoes)

2 tablespoons oil

FRIED ZUCCHINI

Fry onions in oil to golden brown.

Add zucchini and tomatoes.

Add spices.

Simmer for 45 minutes (start by cooking on high till juicy).

You can add thin-sliced pepperoni when ready to eat.

OVEN BAKED

Pour all ingredients in glass oven dish except the oil.

Top with sliced pepperoni, bacon bits or 4 bacon strips.

Bake 350 degrees for about 45 minutes to an hour (it □s done when is sizzles).

ZUCCHINI (Barbecue)

2 zucchinis (6" - 8")

Slice lengthwise. Place on foil.

Add garlic salt, oregano; stack them in layers. Take 4 or 6 mushroom slices then butter them. Wrap it and put on grill for about 45 minutes.

ZUCCHINI BREAD

3 eggs
2 cups sugar
1 cup vegetable oil
1 tsp vanilla
2 cups flour
2 tsp baking soda
1 tsp salt
1/4 tsp baking powder
1 cup chopped nuts
2 tsp cinnamon
2 cups coarsely grated zucchini

BEAT eggs, add sugar, oil, vanilla.

STIR IN remaining ingredients.

FOLD IN nuts.

POUR IN two greased and floured 8 x 4 1/2" x 3 loaf pans.

BAKE for 1 hour at 350° or until done.

Let cool for 10 minutes in pan before removing.

Mamma Sandy Recipes

Purely Ethnic

Cook & Bake Like Russians, Ukrainians, Polish and Slovak Do

This section features a collection of recipes purely from Europe! [See Food Pictures.](#)



One of the lovely Russian meals - bliny (pancakes)!

Click <http://www.geocities.com/alexmsc/offer/recipes.html>. The above picture and next paragraph was copied from his site. Also see <http://www.geocities.com/alexmsc/> for topics on Russia.

Each nation has its own life, its own customs, holidays, songs and folk tales. Namely, differences between peoples form national cultures. Each nation has its favorite dishes and table customs inherited from forebears. National cuisine depends on the traditional way of life and on which products were more available to the people in the period of its formation.

Metric Measuring for Some Recipes

Conversion to metric measures	Conversion from metric measures
teaspoon(ts)=5 milliliters(ml)	milliliter(ml)=0.03 fluid ounces(fl)
tablespoon(tb)=15 milliliters(ml)	litre(l)=2.1 pints(pt)=1.06 quarts(qt)=0.26 gallons(ga)
cup(c)=0.24 liters(l)	gram(g)=0.035 ounces(oz)
quart(q)=0.95 liters(l)	kilogram(kg)=2.2 pounds(lb)
ounce(oz)=28 grams(g)	
pound(lb)=0.45 kilograms(kg)	

Mamma Sandy Recipes

Purely Ethnic

Pictures of Meals

Pictures from: <http://www.brama.com/>



Potato Pancakes (Mlyntsi/Plyatsky)



Kovbasa (Sausage) and Sauerkraut



Borsch (Beet Soup)



Borsch (Beet Soup with Klustki)



Pirogues & **Kapusta** (Varenyky Dumplings)



Holubtsi (Stuffed Cabbage)

Kapusta is the Sauerkraut Recipe Fried with Onions

Mamma Sandy Recipes

A Collection of Favorites - Purely Ethnic - Christmas 12 Courses

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Appetizers & Canapés

BEET RELISH

1 can (16 ounces) whole beets, drained
1/4 cup prepared horseradish
1/4 cup sugar
1/4 cup vinegar
1/4 cup water
1 tablespoon grated onion
1 teaspoon salt
1/8 teaspoon pepper

1. Grate or mince beets.
2. In casserole or other container with a cover, mix beets with remaining ingredients. Cover.
3. Store in refrigerator for at last 1 day before serving.

CHICKEN LIVER SPREAD

1/2 pound chicken livers
1 cup milk
1/4 cup rendered chicken fat or margarine
1 medium onion, cut in quarters
3 hard-cooked eggs, peeled and cut in half
1/2 pound cooked ham or cooked fresh pork, cut up
1/4 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon garlic powder (optional)

1. Soak livers in milk 2 hours. Drain livers and discard milk.
2. Melt fat in skillet. Add livers and onion and cook over medium heat until tender.
3. Combine livers, pan drippings, and all remaining ingredients. Grind or mince.
4. Add extra melted chicken fat or margarine, if desired, to make spread of desired spreading consistency.

Appetizers & Canapés

DILL PICKLES

3 pounds 4-inch cucumbers
2 cloves garlic, crushed
1 cup distilled white vinegar
5 cups water
1/2 cup salt
3 tablespoons dried dill weed

- 1.** Scrub cucumbers.
- 2.** Place a layer of dill on bottom of a large ceramic bowl or crock. Cover with half the cucumbers. Add another layer of dill, then the remaining cucumbers. Add garlic. Top with a final layer of dill.
- 3.** Mix vinegar, water, and salt. Pour over dill and cucumbers. Add more water, if needed, to cover completely.
- 4.** Cover bowl with a china plate to hold pickles under the brine. Let stand in a cool place 4 days.
- 5.** Seal in sterilized jars.

Appetizers & Canapés

FEET IN ASPIC (holodec' or studynets) -

This is a delicious cold, jellied meal!

1 1/2 pounds pigs' feet or calves feet
1/2 pound lea pork or veal shanks
3 carrots, pared
1 onion, cut in quarters
2 stalks celery or 1 small celery root
2 bay leaves
5 peppercorns
3 whole allspice
2 cloves garlic, crushed (optional)
Water
1 tablespoon salt
1/2 cup chopped fresh parsley
1/3 cup vinegar
Lemon wedges
Parsley sprigs

1. Have the butcher skin and split pigs' feet.
2. Cook pigs' feet, pork, vegetables, bay leaves, peppercorns, allspice, garlic, and water to cover in a covered saucepot. 2 hours on low heat. Skim off foam and add salt, parsley, and vinegar; cook 2 hours.
3. Strain off the stock; set aside. Take out pigs' feet and carrots. Discard onion and spices. Dice meat and slice carrots.
4. Arrange sliced carrots on bottom of an oiled 2-quart mold. Put meat on top of carrots in mold. Add parsley. Pour stock into mold.
5. Chill until set, at least 4 hours. Skim off fat.
6. Unmold onto platter. Garnish with lemon wedges and parsley sprigs.

Appetizers & Canapés

FRESH MUSHROOMS IN SOUR CREAM

1 pounds fresh mushrooms, sliced
2/3 cup sliced green onions with tops
2 tablespoons butter or margarine
1 tablespoon fresh lemon juice
1 tablespoon flour
1 cup dairy sour cream
2 tablespoons chopped fresh dill or 1 tablespoon dill weed
1/4 teaspoon salt
1/8 teaspoon pepper
Small rounds of rye or Melba toast

1. Sauté mushrooms and onions in butter and lemon juice for 4 minutes. Stir in flour. Cook slowly, stirring 1 minute. Add sour cream, dill, salt, and pepper. Cook and stir 1 minute.
2. Serve warm on toast.

Appetizers & Canapés

HAM AND EGG ROLLS

6 hard-cooked eggs
12 thin slices cooked ham
Lettuce leaves
Mayonnaise
Pickles

1. Peel the eggs; cut in halves.
2. Roll each half of egg in a slice of ham. Secure with wooden pick.
3. Arrange lettuce leaves around ham and egg rolls on serving plate.
Decorate with mayonnaise and garnish with pickles.

MUSTARD BUTTER

1/2 cup butter (at room temperature)
1/2 cup prepared mustard

1. Beat the butter with the mustard until creamy.
2. Spread on toast rounds to serve with sardines or herring.

ONION - CHIVE BUTTER

1 tablespoon sliced green onion
1 tablespoon snipped chives
1/2 cup butter (at room temperature)

1. Blend onion, chives, and butter.
2. Form into a roll about 1 inch in diameter. Chill.
3. Cut into small disks.

Appetizers & Canapés

PICKLED MUSHROOMS

4 pounds small mushrooms

4 cups boiling water

1 1/2 tablespoons salt

Marinade:

1 3/4 cups water

15 peppercorns

2 bay leaves

2 1/2 tablespoons salt

3/4 cup sugar

3/4 cup vinegar

1. Cut the mushroom stems off even with the caps.
2. Cook over medium heat in boiling water with salt until they sink to the bottom, about 10 to 15 minutes.
3. Remove mushroom caps; place in small sterilized jars.
4. Make marinade. Boil water with peppercorns and bay leaves for 30 minutes. Add salt and sugar. Stir until dissolved. Add vinegar, bring to boiling.
5. Pour hot marinade over mushroom caps. Close the jars. Keep refrigerated 2 or 3 days before serving.

Appetizers & Canapés

PORK PATE

1 1/2 pounds ground fresh pork
1/2 pounds salt pork, diced
5 medium onion, quartered
2 pounds sliced pork liver
3 eggs, beaten
1 1/2 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon marjoram
1/2 teaspoon nutmeg
1/4 teaspoon allspice
1 tablespoon beef flavor base
1/2 pounds sliced bacon

1. Combine fresh pork and salt pork in a roasting pan. Roast at 325F 1 hour, stirring occasionally.
2. Remove pork from pan and set aside. Put onions and liver into the pan. Roast 20 minutes, or until liver is tender. Discard liquid in pan or use for soup.
3. Combine pork, liver, and onion. Grind twice.
4. Add eggs, dry seasonings, and beef flavor base to ground mixture; mix well.
5. Line a 9x5x3-inch loaf pan (crosswise) with bacon slices. Pack ground mixture into pan. Place remaining bacon (lengthwise) over top of ground mixture.
6. Bake at 325F 1 hour. Cool in pan.
7. Remove pate from pan. Chill.
8. To serve, slice pate and serve cold with dill pickles and horseradish.

Appetizers & Canapés

PUREE OF ANCHOVIES

1 can (2 ounces) flat anchovy fillets, drained
3 slices stale white bread
Water
1/2 cup dairy sour cream or mayonnaise
1 1/2 teaspoon vinegar

1. Mince or pound anchovy fillets.
2. Moisten bread with enough water to cover; then squeeze dry. Break into bits or mince with a fork.
3. Blend in sour cream and vinegar to make a smooth puree.

Serve as a spread with dark bread rounds.

SPRING COTTAGE CHEESE SPREAD

1 carton (12 to 14 ounces) cottage cheese
1/2 cup dairy sour cream
8 radishes, shredded
3 tablespoons sliced green onion
1/2 teaspoon salt
Lettuce leaves
Radish roses
Rye or French bread

1. Mix cottage cheese with sour cream. Add radishes, onion, and salt; toss to mix well.
2. Mound on lettuce leaves. Garnish with radish roses. Surround with bread.

Breads, Noodles, Dumplings

BEATEN NOODLES (terti klusky) FOR SOUPS

1 tablespoon butter or margarine (at room temperature)
2 whole eggs
2 egg yolks
3 tablespoons flour
1/4 teaspoon salt

1. Beat butter until fluffy. Beat in whole eggs and egg yolks, one at a time. Mix in flour and salt.
2. Spoon into boiling soup or bouillon. Cover; cook 2 minutes. Turn. Cover and cook a few second longer.
3. To serve, break noodles into separate portions with a spoon.

CROUTONS (grinky)

2 slices stale or fresh bread
2 tablespoons butter or margarine

1. Trim crusts from bread. Cut bread into 1/2-inch cubes. Spread cubes on bottom of a shallow pan or baking sheet.
2. Bake at 350 F until golden but not browned.
3. Melt butter in a large skillet. Add toasted bread cubes. Stir-fry until all cubes are coated with butter. Cool and drain croutons on paper towels.

CHEESE CROUTONS: Prepare croutons as directed. Mix 4 teaspoons grated Parmesan or Romano cheese and 1/2 teaspoon paprika. Toss hot croutons with cheese mixture.

Breads, Noodles, Dumplings

EGG DROPS (kluski llane) FOR SOUP

2 eggs, beaten

1/4 teaspoon salt

1 tablespoon water

1/2 cup all-purpose flour

1. Combine all ingredients and stir until smooth.
2. Hold spoonfuls of batter about 12 inches from boiling soup; pour slowly from end of spoon. Let boil 2 to 3 minutes, until egg drops float.

STRING DUMPLINGS: Prepare egg drops batter. Pour almost continuously from a cup or spoon into boiling soup to form long "strings". Break apart after cooking.

EGG NOODLES (lokshyna)

1 cup all-purpose flour

1 large egg

1/4 teaspoon salt

1/2 eggshell of water (about 1 tablespoon)

1. Mound flour on a board. Make a well in center; drop in egg and salt. Beat in water with a fork.
2. Knead from center to outer edges until dough is smooth.
3. Roll out very thin on a floured surface. Place sheet of dough on a cloth; let dry until not sticky but not too brittle to handle.
4. Sprinkle the sheet of noodle dough with flour. Roll up tightly and slice into thin threads. Toss the threads lightly to separate. Let dry 2 hours.
5. To cook, boil in salted water until noodles rise to the top. Drain. Rinse in cold water. Toss in hot melted butter.

Breads, Noodles, Dumplings

LITTLE NOODLE EARS (vushka)

2 cups all-purpose flour

1/2 cup water

1 egg

1/8 teaspoon salt

Filling

- ❖ Mound flour on a bread board and make a well in the center. Place remaining ingredients in the well. Mix flour into liquid in center until a dough is formed. Knead thoroughly.
- ❖ Roll dough very thinly on a floured surface. Cut into 2-inch squares.
- ❖ Put a spoonful of filling in center of each square.
 - Fold so that the corners meet in the middle. Press together with finger to seal.
 - Fold in half diagonally, so the squares becomes a triangle.
 - Seal edges then bring the 2 long ends of triangle together; press firmly to seal.
- ❖ Drop into boiling soup. Cook until the vushka float.

You can also drop into boiling water instead of soup.

Filling

Use any kind of filling you desire

- ❖ Cheese of your choice
- ❖ Fruit filling of your choice
- ❖ Potato and Cheese
- ❖ Vegetable filling

Breads, Noodles, Dumplings

POTATO DUMPLINGS ("pal'chyky")

2 cups hot mashed potatoes
1/3 cup fine dry bread crumbs
2 egg yolks
3/4 teaspoon salt
1/4 teaspoon pepper
1/3 cup all-purpose flour
2 egg whites, beaten until stiff, but not dry

1. Mix ingredients in a large bowl in the order given.
2. Place on floured board and roll to pencil thickness. Cut into 2- or 3-inch strips.
3. Drop into boiling salted water. Cook until dumplings float to top.

CROQUETTES:

Sauté 1/2 cup chopped onion in 2 tablespoons butter.

Proceed as in recipe for Potato Dumplings; add onion to potatoes. Roll strips in fine dry bread crumbs. Pan-fry in butter until golden brown.

Breads, Noodles, Dumplings

PYROGY (pierogi, varenyky)

2 cups all-purpose flour

2 eggs

1/2 teaspoon salt

1/3 cup water

Filling

1. Mound flour on a bread board and make a well in the center.
2. Drop eggs and salt into well. Add water; working from the center to outside of flour mound, mix flour into liquid in center with one hand and keep flour mounded with other hand. Knead until dough is firm and well mixed.
3. Cover dough with a warm bowl; let rest 10 minutes.
4. Divide dough into halves. On floured surface, using half of dough at a time, roll dough as time, roll dough as thin as possible.
5. Cut out 3-inch rounds with large biscuit cutter.
6. Place a small spoonful of filling a little to one side on each round of dough. Moisten edge with water, fold over and press edges together firmly. Be sure they are well sealed to prevent the filling from leaking out.
7. Drop pierogi into boiling salted water. Cook gently 3 to 5 minutes, or until pierogi float. Lift out of water with perforated spoon.

Note: The dough will have a tendency to dry. A dry dough will not seal completely. Work with half the dough at a time, rolling out a large circle of dough and placing small mounds of filling far enough apart to allow for cutting. Then cut with biscuit cutter and seal firmly. Never put too many pierogi in cooking water. The uncooked will stick together and the cooked get lumpy and tough.

Filling

Mashed potatoes with some Farmers or Cottage Cheese in it.

Mashed potatoes with a bit of Sauerkraut (use 1/2 recipe [Sauerkraut Meals](#))

Mashed potatoes with mushrooms (cook in butter): 1/2 c mashed potato, 2 c mushrooms, 1 c mashed potato, 4 c mushrooms, etc.

Breads, Noodles, Dumplings

YEAST PYROGY (pierogi, varenyky)

4 eggs
1 tablespoon melted butter
1 teaspoon salt
1 package active dry yeast
1/4 cup warm water
1 cup dairy sour cream
1 tablespoon sugar
1 1/2 teaspoons grated lemon peel (optional)
4 cups all-purpose flour (about)
Filling

1. Beat eggs with melted butter and salt until thick and fluffy.
2. Dissolve yeast in warm water in a large bowl. Let stand 10 minutes.
3. Add egg mixture to yeast. Beat in sour cream, sugar, and, if desired, lemon peel. Stir in flour, 1 cup at a time, until dough is firm but not stiff.
4. Turn dough on floured surface; knead 3 minutes. Place dough in a greased bowl. Cover with plastic wrap. Let rise in a warm place until doubled, about 1 hour.
5. Roll out dough to 3/8-inch thickness on floured surface. Cut in 3-inch rounds.
6. Place a spoonful of filling a little to one side of each round. Moisten edges. Fold over and seal. Place on greased backing sheet.
7. Bake at 350F about 20 to 35 minutes, or until golden brown.

Filling

Mashed potatoes with some Farmers or Cottage Cheese in it.
Mashed potatoes with a bit of Sauerkraut (use 1/2 recipe [Sauerkraut Meals](#))

Breads, Noodles, Dumplings

THICK PANCAKES (nalysnyky)

1 cup milk
1 egg
1 cup all-purpose flour
1/3 cup water
1/4 teaspoon salt
Salad oil or melted butter
Filling (cottage cheese) – see page 26

1. Beat milk and egg until frothy. Add flour and beat rapidly 1 minute. Add water and salt. Beat rapidly 1 minutes longer.
2. Heat a small, heavy skillet. Brush bottom with oil wipe with cloth dipped in oil. (Do not use too much oil.)
3. Pour about 2 tablespoons butter onto bottom of skillet; at once tilt skillet so batter spreads evenly. When edge of pancake begins to dry, turn and cook other side.
4. Repeat until all the batter is used.

Breads, Noodles, Dumplings

THIN PANCAKES (nalysnyky)

1/2 cup all-purpose flour

1 egg

1 egg yolk

1/2 cup milk

1 teaspoon sugar

1/8 teaspoon salt

Salad oil

Optional Filling (cottage cheese) – see page 26

1. Combine flour, egg, and egg yolk in a small bowl of electric mixer. Beat just to mix. Add milk, sugar, and salt; beat at low speed 2 minutes.
2. Heat a small, heavy skillet. Brush bottom with oil.
3. Pour about 2 tablespoons batter into skillet; at once tilt skillet to spread batter evenly over bottom of skillet. When edges are dry, turn pancake and cook other side.
4. Repeat until all batter is used, reserve some batter for coating stuffed pancakes, if desired.
5. For stuffed pancakes, place 1 heaping tablespoonful of filling in center pancake. Fold sides toward center, over filling, and roll up pancakes.
6. Dip in egg beaten with water or in reserved batter. Coat with fine dry bread crumbs.
7. Quickly fry coated pancakes in a small amount of hot oil. Turn and cook until golden on all sides.

You can use this recipe for Nalysnyky. The filling is with a container of cottage cheese mixed with a egg, sugar to taste and cinnamon for flavor.

Also see: [Crepe - Nalisniki 1](#) (pg 26) and [Crepe - Nalisniki 2](#) (pg 27)

Breads, Noodles, Dumplings

YEAST FINGER

2 cups all-purpose flour
1 package active dry yeast
1 teaspoon sugar
1/2 teaspoon salt
1/2 cup butter or margarine
1 egg
2 egg yolks
2 tablespoons dairy sour cream
1 egg white
2 tablespoons caraway seed or poppy seed

1. Combine flour, yeast, sugar, and salt in a bowl. Cut in butter with a pastry blender or two knives until well mixed. Stir in egg, egg yolks, and sour cream.
2. Knead the dough in the bowl a few minutes until it forms a smooth ball.
3. Break off small bits of dough, about 1 tablespoon each; roll between palms of hands to form long, thin rolls.
4. Place on a greased baking sheet. Let rise in a warm place until doubled in bulk.
5. Brush with egg white, then sprinkle with caraway seed. Bake at 375F 15 minutes, or until golden. Remove immediately from the baking sheet.

Desserts

BUTTER HORNS

1 cup sweet unsalted butter or margarine
1/2 cup sugar
1 egg yolk
1 teaspoon vanilla extract
1/4 cup chopped blanched almonds
1 2/3 cups all-purpose flour
Confectioners' sugar

1. Beat butter at high speed and sugar gradually, creaming until light and fluffy. Beat in egg yolk and vanilla extract. Beat in almonds, then flour.
2. With hands, shape 1-inch pieces of dough into crescents. Place on ungreased baking sheets, about 1 inch apart.
3. Bake at 350F about 20 minutes, or until just golden on edges.
4. While warm, coat crescents with confectioners' sugar.

Desserts

CHOCOLATE TORTE

8 eggs, separated

12 1/4 cups sugar

3/4 cup all-purpose flour

1/4 cup fine dry bread crumbs

1/4 teaspoon salt

2 ounces (2 squares) semisweet chocolate, grated

1 1/2 teaspoons vanilla extract

Filling

Frosting

1. Beat egg yolks until very thick and lemon-colored, about 5 minutes. Gradually beat in sugar.
2. Combine flour, bread crumbs, and salt. Add chocolate and mix thoroughly but lightly.
3. Add flour mixture to egg yolks and sugar in 4 portions, folding until well mixed after each addition.
4. With clean beaters, beat egg whites with vanilla extract until stiff, not dry, peaks are formed. Fold into flour mixture.
5. Turn into a well-greased 10-inch spring-form pan or deep, round layer cake pan.
6. Bake at 325F 50 to 60 minutes. Remove from pan and cool completely.
7. Split cake in half.
8. Spread filling on bottom half. Replace top. Spread frosting over sides and top. Refrigerate 4 hours or longer for torte to mellow.

FILLING: Whip 1/2 cup whipping cream until cream piles softly. Fold in 1/4 cup ground almonds or walnuts and 3 tablespoons sugar.

FROSTING: Melt 4 ounces (4 squares) unsweetened chocolate and 3 tablespoons butter together in a saucepan. Remove from heat. Stir in 1 tablespoon brandy. Add 2 to 2 1/2 cups confectioners' sugar and 2 to 3 tablespoons milk or cream until frosting is of spreading consistency.

Desserts

CREAM CHEESE COOKIES (KOLECHKA)

1 cup butter or margarine (at room temperature)
1 package (8 ounces) cream cheese (at room temperature)
1/4 teaspoon vanilla extract
2 1/2 cups all-purpose flour
1/2 teaspoon salt
Thick jam or canned/jarred fruit filling, such as apricot or prune butter

1. Cream butter and cream cheese until fluffy. Beat in vanilla extract.
2. Combine flour and salt; add in fourths to butter mixture, blending well after each addition. Chill dough until easy to handle.
3. Roll dough to 3/8 thickness on a floured surface. Cut out 2-inch circles (small dink glass) or other shapes. Place on ungreased baking sheets.
4. Make a "thumbprint" about 1/4 inch deep in each cookie. Fill with jam.
5. Bake at 350F 10 to 15 minutes, or until delicately browned on edges.

Desserts

DONUTS (ponchyky)

1 package active dry yeast
1/4 cup warm water
1/3 cup butter or margarine (at room temperature)
3/2 cup sugar
1 egg 3 egg yolks
1 teaspoon vanilla extract
1 teaspoon grated orange or lemon peel
3/4 teaspoon salt
3 1/2 cup all-purpose flour (about)
Fat for deep frying heated to 375F
Confectioners' sugar (optional)

1. Dissolve yeast in warm water.
2. Cream butter and sugar until fluffy. Beat in egg, then egg yolks, one at a time. Add vanilla extract, orange peel, dissolved yeast, and salt. Beat until well mixed. Stir in flour gradually, adding enough to make a stiff dough.
3. Turn dough onto a floured surface. Knead until smooth and elastic, about 10 minutes. Use a large drinking glass to make cuts in the dough. Place in a greased bowl. Cover. Let rise until doubled in bulk.
5. Fry in hot fat or vegetable oil 2 to 3 minutes; turn to brown all sides.
6. Drain doughnuts on paper towels and sprinkle with confectioners' sugar, if desired.

Desserts

FAVORS (hrusty)

4 egg yolks
1 whole egg
1/2 teaspoon salt
1/3 cup confectioners' sugar
2 tablespoons rum or brandy
1 teaspoon vanilla extract
1 1/4 cups all-purpose flour
Fat for deep frying heated to 350F
Confectioners' sugar or honey for topping (optional)

1. Combine egg yolks, whole egg, and salt in small bowl of electric mixer. Beat at highest speed 7 to 10 minutes, until mixture is thick and piles softly. Beat in sugar, a small amount at a time. Then beat in rum and vanilla extract.
2. By hand, fold in flour.
3. Turn onto a generously floured surface. Knead dough until blisters form, about 10 minutes.
4. Divide dough in half. Cover half of dough to prevent drying. Use a towel or plastic wrap.
5. Roll out half of dough as thin as possible. Cut dough into 5x2-inch strips. Make a 2-inch slit from center almost to end of each strip of dough. Then pull opposite end through slit. Repeat with remaining dough.
6. Fry in hot fat until golden brown.
7. Drain on paper towels. If desired, sprinkle with confectioners' sugar or drizzle with honey.

Desserts

HONEY COOKIES

1/2 cup honey
1/2 cup sugar
2 eggs
1/2 teaspoon vanilla extract
3 cup all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon ginger
1/2 teaspoon nutmeg
1/4 teaspoon cloves
1 egg white, beaten
48 blanchd almond halves (about)

1. Combine honey and sugar in a bowl; mix well. Beat in eggs and vanilla extract.
2. Blend flour, baking soda, salt, and spices. Stir into honey mixture. Knead to mix thoroughly; dough will be stiff.
3. Shape dough into a ball. Wrap in plastic wrap. Let stand 2 hours.
4. Roll dough on a floured surface to 1/4-inch thickness. Cut into 2 1/2-inch rounds or other shapes.
5. Brush top of each cookie with egg white. Press an almond onto center. Place on greased cookie sheets.
6. Bake at 375F 8 to 10 minutes.
7. Cool on racks. Store in plastic bags for 8 to 10 day to mellow.

Desserts

MAZURKAS

1 cup sweet unsalted butter
1 3/4 cups all-purpose flour.
1 cup sugar
3/4 cup eggs, beaten
2 cup ground blanched almonds

1. Cream butter and eggs until fluffy.
2. Mix almonds, flour, and sugar. Add flour mixture, a small amount at a time, to the butter mixture. Beat or knead after each addition.
3. Pat or roll out dough in a greased 15x10x1-inch jelly-roll pan.
4. Bake at 350F about 20 minutes, or until golden brown.
5. Spread jam over top. Cool for 5 minutes. Cut into 2-inch squares to serve.

ROYAL MAZURKAS

1 cup butter or margarine (room temperature)
1 1/2 cups all-purpose flour
1 cup sugar
1/4 teaspoon salt
6 egg yolks
1/4 cup ground or finely chopped, blanched almonds
1 teaspoon grated orange or lemon peel (optional)

1. Cream butter until fluffy in a large mixing bowl.
2. Mix flour, sugar, and salt.
3. Alternately beat in 1 egg yolk and a sixth of flour mixture. Continue until all ingredients are well combined. Stir in almonds and orange peel. Mix well.
4. Roll or pat dough to fit a greased 15x10x1-inch jelly-roll pan.
5. Bake at 325F 35 to 40 minutes, or until golden but not browned.
6. Cool in pan on rack 10 minutes. Cut in fourths. Remove from pan. Cool on rack.

Desserts

MAZURKAS WITH FRUIT AND NUT TOPPING

Mazurkas or royal mazurkas

Fruit filling:

3/4 cup raisins or currant

1/2 cup chopped dried apricots

3/4 cup diced dried figs or dates

2/3 cup chopped candied lemon or orange peel

3/4 cup chopped blanched almonds

1/2 cup chopped walnuts

Topping:

1 egg

1 egg white

1/2 cup confectioners' sugar

1/3 cup butter, melted

1 tablespoon lemon juice

1 teaspoon vanilla extract

2 ounces almonds, ground (about 3/4 cup)

2 tablespoons bread crumbs

1. Prepare and bake mazurkas as desired. Do not cut into squares.
2. For fruit filling, combine apricots and raisins in a saucepan. Add water. Bring to boiling. Cover; remove from heat and let stand 10 minutes.
3. Drain raisins and apricots. Combine with other fruits and nuts. Spread evenly over mazurkas.
4. For topping, combine egg and white with confectioners' sugar. Beat at high speed until very thick and fluffy, about 7 minutes.
5. Gradually beat in melted butter, lemon juice, and vanilla extract. Fold in ground almonds and breads crumbs.
6. Spread egg mixture over fruit layer.
7. Bake at 350F about 15 minutes, or until topping is golden but still moist.
8. Cool in pan on rack 5 minutes, then cut into squares.

Desserts

WALNUT TORTE

12 eggs, separated
1 cup sugar
1/2 pound finely ground walnuts
1/3 cup all-purpose flour
1/2 teaspoon salt
Fine dry bread crumbs
2 to 3 tablespoons brandy or rum
Filling, Frosting, Chopped walnuts

1. Beat egg yolks until very thick and lemon-colored, about 5 minutes. Add sugar gradually, beating at high speed until mixture is very thick and piles softly.
2. Fold in ground walnuts and flour; mix thoroughly.
3. Beat egg whites with salt until stiff, but not dry, peaks form. Fold beaten egg whites into egg yolk mixture.
4. Generously grease two 10-inch cake layer pans or one 10-inch springform pan. Line with waxed paper. Grease paper. Coat with bread crumbs.
5. Turn batter into prepared pans.
6. Bake at 350F about 25 minutes.
7. Remove layers from pans. Cool on racks 15 minutes. (Cut single, high cake, from springform pan into 2 layers. Layers shrink slightly as they cool.) Sprinkle each layer with brandy. Cool completely.
8. Meanwhile, prepare filling and frosting.
9. Spread filling over 1 slayer. Set second later on top.
10. Spread frosting over top and sides of torte. Frosting is runny and will run down sides. Let stand 30 minutes. Pat chopped walnuts around sides of torte.
11. Refrigerate until ready to serve.

FILLING: Whip 1 cup whipping cream until it is very thick and piles softly. Gradually beat in 3/4 cup sugar, then 1/2 teaspoon vanilla extract and, if desired, 2 tablespoons brandy or rum. Fold in 1 cup finely ground walnuts, a small amount at a time, until blended.

FROSTING: Beat 1 egg until thick and foamy. Beat in 2 tablespoons melted butter or margarine, 2 tablespoons brandy or rum, pinch salt, and about 2 1/2 cups sifted confectioners' sugar. Add enough confectioners' sugar to make frosting of thin spreading consistency.

Entrees

BEEF POT ROAST

1 beef round rump or chuck roast, boneless (3 1/2 pounds)

3 tablespoons salad oil or 1/4 pound salt pork, diced

Bouillon or meat broth (about 1 1/2 cups)

1 bay leaf

2 onions, quartered

2 carrots, cut in pieces

1/2 teaspoon salt

1/2 teaspoon coarse pepper

Flour

Salt and pepper

1. Brown the beef in oil. Add 1/4 cup bouillon, bay leaf, onions, carrots, salt, and pepper; Cover and simmer 2 1/2 hours, basting with additional bouillon to prevent burning.

2. Sprinkle flour over meat and turn it over. Sprinkle with more flour. If necessary, add more bouillon for the sauce. Cook uncovered 30 minutes. Serve the pot roast with noodles or potatoes and any kind of vegetables.

POT ROAST with sour cream:

Prepare BEEF POT ROAST as directed.

Add 1 1/2 cups dairy sour cream instead of bouillon after flouring the meat.

Finish cooking as directed.

POT ROAST with sour cream and pickles or mushrooms:

Prepare BEEF POT ROAST as directed.

Add 1 1/2 cups dairy sour cream instead of bouillon after flouring the meat. Then stir in 2/3 cup chopped dill pickles or 1 cup sliced mushrooms.

Finish cooking as directed.

Entrees

BEEF SLICES WITH SOUR CREAM AND MUSHROOMS (zrazy)

1/2 cup all-purpose flour
1 teaspoon salt
1/2 teaspoon pepper
2 pounds beef eye round, top round, or sirloin (cut in thin steaks)
3 tablespoons butter or fat
1 can (4 ounces) mushrooms with liquid
1 cup water
6 medium potatoes, cooked; or 3 cups sauerkraut, drained
1 tablespoon flour
1 cup dairy sour cream

1. Mix flour with salt and pepper. Coat meat with seasoned flour.
2. Melt butter in a large skillet or Dutch oven. Brown meat quickly on both sides.
3. Add mushrooms with liquid and water. Cover. Simmer 1 hour, basting occasionally with sauce.
4. Add potatoes to meat; cook 10 minutes, or until meat and potatoes are tender.
5. Blend flour into sour cream. Blend into sauce. Bring to boiling, then simmer 5 minutes.

Entrees

CABBAGE ROLLS

(golubvci or holopchi or stuffed cabbage)

(Variation 1 – see next page – see page 107)

1 whole head cabbage (about 3 pounds)

Boiling water

1 pound ground beef

1/2 pound ground veal

3/4 cup chopped onion

1/2 cup packaged precooked rice

1 egg, beaten

1 teaspoon salt

1/4 teaspoon pepper

5 slices bacon

1 can (16 ounces) tomatoes or sauerkraut

1/3 cup bouillon or meat broth

1/2 teaspoon sugar

1/4 teaspoon salt

1/4 teaspoon pepper

1. Remove core from cabbage. Place whole head in a large kettle filled with boiling water. Cover; cook 3 minutes. Remove softened outer leaves. Repeat until all large leaves have been removed (about 20 leaves). Cut thick center stem from each slice.
2. Sauté meat with onion 5 minutes. Remove from heat. Stir in rice, egg, 1 teaspoon salt, and 1/4 teaspoon pepper.
3. Place 3 tablespoons meat mixture on each cabbage leaf. Roll each leaf, tucking ends in toward center. Fasten securely with wooden picks. Place each roll seam side down in a large skillet or Dutch oven.
4. Lay bacon slices over top of cabbage rolls.
5. Mix tomatoes, bouillon, sugar, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Pour over cabbage rolls.
6. Cover; simmer about 1 hour, turning occasionally.

Entrees

CABBAGE ROLLS WITH MUSHROOM SAUCE

(Variation 2 – see previous page – see page 107)

1 onion, chopped
1 clove garlic, crushed (optional)
2 tablespoons butter
3/4 cup uncooked raw rice
1/2 pound ground beef or veal
1/2 pound ground pork
1 teaspoon salt
1/4 teaspoon pepper
1 whole head cabbage (about 3 pounds)
Boiling water
2 cups beef broth or stock
1 can (about 10 ounces) condensed cream of mushroom soup

1. Sauté onion and garlic in butter in a large skillet, about 5 minutes. Add rice, meat, salt, and pepper. Stir-fry just to mix well. Remove from heat.

2. Remove core from cabbage. Place whole head in a large kettle filled with boiling water. Cover; cook 3 minutes. Remove softened outer leaves. Repeat until all large leaves are softened and have been removed. Cut thick center stem from each leaf.

3. Taking one large cabbage leaf at a time, spoon about 1 rounded tablespoonful of meat mixture in center of leaf. Cover with a small leaf. Tuck ends up and just over edge of filling; place one end of leaf over filling and roll up loosely. If desired, secure with a wooden pick. Repeat until all filling and leaves are used. Place cabbage rolls in a large casserole; do not make more than 2 layers.

4. Combine beef broth and mushroom soup; Pour over cabbage rolls.

5. Bake at 350F about 1 1/2 hours.

Entrees

CHICKEN

1 chicken (2 to 3 pounds)

Salt

Chicken livers

3/4 cup dry bread crumbs

1 egg

1 teaspoon dill weed

1/4 teaspoon pepper

1/2 cup milk (about)

1/3 cup melted butter

1. Sprinkle the chicken with salt. Let stand 1 hour.
2. Chop the livers finely. Combine with bread crumbs, egg, salt to taste, dill, pepper, and as much milk as needed for a loose, sour-cream-like consistency.
3. Fill cavity of chicken with crumbs mixture; truss. Place chicken in roasting pan.
4. Bake at 400F about 45 minutes, or until chicken is tender. Baste often with melted butter.

CHICKEN WITH HAM:

Prepare CHICKEN as desired. Substitute

6 ounces (1 cup) ground ham, 1/2 cup sliced mushrooms, and 2 crushed juniper berries for the chicken livers. Add 1/2 cup sherry to pan drippings for a sauce.

Entrees

DUCK WITH RED CABBAGE

1 head red cabbage, shredded
1 onion, chopped
Salt
6 ounces salt pork, diced
1/2 cup red wine or chicken broth
1 duck (5 or 6 pounds)

1. Put cabbage and onion into a bowl, sprinkle with salt, and let stand 10 minutes. Squeeze out liquid.
2. Fry salt pork in a skillet until golden. Add cabbage onion mixture and wine. Cover and simmer 20 minutes.
3. Place duck in a roasting pan.
4. Bake at 425F 30 minutes. Drain off fat. Spoon cabbage mixture over duck. Reduce oven temperature to 350F. Bake about 45 minutes, or until duck is tender. Baste frequently.

Entrees

HUSSAR ROAST (gusars'ka pechenja)

2/3 cup vinegar or vodka

1 beef round rump roast, boneless, or round tip roast (3 pounds)

1 cup all-purpose flour

1 teaspoon salt

1/4 teaspoon pepper

1/4 cup butter, melted

1 large onion, quartered

1 cup bouillon or meat stock

Stuffing:

1 tablespoon butter

2 medium onions, minced

1/4 cup fine dry bread crumbs

1 egg, beaten

1. Heat vinegar just to boiling in large casserole or skillet. Add meat, turning to scald all sides. Drain meat. Discard vinegar.

2. Mix flour, salt, and pepper. Coat meat with seasoned flour. Reserve 2 tablespoons seasoned flour.

3. Brown meat in butter in a Dutch oven or heavy skillet. Add quartered onion and bouillon. Cover; simmer 2 hours, or until meat is tender.

4. Slice meat about 1 inch thick. then slit each slice, making a pocket.

5. For stuffing, melt butter. Sauté minced onion until transparent. Stir in bread crumbs and 1 tablespoon seasoned flour. Remove from heat. Stir in egg.

6. Stuff crumb mixture into pockets in meat. Close and skewer with wooden picks. Tie together with string in original roast shape. Return to Dutch oven. Sprinkle with remaining tablespoon seasoned flour.

Cover; cook over medium-low heat 30 minutes.

Entrees

PORK POT ROAST

1 pork shoulder arm picnic or pork loin roast, boneless (3 pounds)
2 tablespoons butter or lard
2 tomatoes, peeled and cored
1 celery root
1 parsley root
1 onion, sliced
2 sprigs parsley
2 tablespoons spices to taste:
allspice, caraway seed, whole cloves, juniper berries, dried marjoram
leaves, peppercorns (tie in cheesecloth)
1/4 cup water
1/2 cup bouillon or meat broth
1/2 cup Madeira, Marsala, or sherry

1. Rub meat with salt and pepper. Let stand 1 hour.
2. Brown meat in butter in a large, heavy skillet. Add vegetables, parsley, spice bag, and water. Cover Tightly. Cook over medium heat 1 1/2 hour; stirring as necessary and turning meat occasionally.
3. Sprinkle a small amount of flour over top of meat. Pour bouillon and wine over meat. Simmer 15 minutes.
4. Slice and arrange meat on a warm platter. Strain sauce and pour over meat.

Entrees

POTTED PHEASANT

3/4 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon pepper
1 pheasant, cut in pieces
1/2 cup butter
1 onion, quartered
1 stalk celery, cut up
2 cups meat stock or beef broth
3 whole allspice
1/2 cup whipping cream
2 tablespoons sherry

1. Mix flour with salt and pepper.
2. Coat each piece of pheasant with seasoned flour. Melt butter in a Dutch oven or flameproof casserole. Brown pheasant in butter. Add onion, celery, and 1 cup meat stock. Cover.
3. Bake at 350F 40 minutes. Add remaining meat stock. Do not cover. Bake about 40 minutes longer, or until pheasant is tender.
4. Remove pheasant to heated platter. Strain broth; combine 1 cup broth with cream and sherry. Serve over the pheasant.

Entrees

RABBIT

1 rabbit (2 to 3 pounds), cut in pieces

Salt and pepper

Flour

1/4 cup butter

1 cup chopped mushrooms

1 onion, sliced

1 clove garlic, sliced

1 cup meat stock

2/3 cup dry white wine (or 1/2 cup water and 1 tablespoon lemon juice)

1/2 teaspoon ground thyme

2 bay leaves

Sauce:

1 cup dairy sour cream

1 teaspoon dried parsley flakes

1/4 teaspoon nutmeg

1. Sprinkle rabbit pieces with salt and pepper. Coat with flour.
2. Melt butter in a Dutch oven or flame-proof casserole. Add mushrooms, onion, and garlic. Add rabbit pieces and brown quickly. Remove garlic.
3. Mix stock with wine, thyme, and bay leaves. Add to rabbit.
4. Bake at 350 F or simmer about 1 1/2 hour, or until rabbit is very tender.
5. Remove rabbit and place on heated platter. Stir sauce ingredients into broth in pan. Cook and stir just until sauce begins to simmer. Spoon over rabbit.

Entrees

ROAST LEG OF LAMB

Vinegar

1 lamb leg, whole

Garlic cloves, slivered

Salt and pepper

1. Soak a towel with vinegar; wrap around the leg of lamb. Let stand overnight.
2. Remove towel. Trim off fell, if necessary, and excess fat. Make small slits in fat cover on meat. Push a sliver of garlic into each slit.
3. Place lamb, fat side up, on rack in a roasting pan. Sprinkle with salt and pepper.
4. Roast in a 325F oven until done as desired. Allow 30 minutes per pound for medium; 35 minutes per pound for well-done.

ROAST LOIN OF PORK

2 tablespoons flour

1 1/2 teaspoon salt

1 teaspoon dry mustard or caraway seed

1/2 teaspoon sugar

1/4 teaspoon black pepper

1/4 teaspoon ground sage

1 pork loin roast (4 to 5 pounds)

Topping:

1 1/2 cups applesauce

1/2 cup brown sugar

1/4 teaspoon cinnamon or allspice

1/4 teaspoon mace

1/4 teaspoon salt

1. Mix flour, salt, mustard, sugar, pepper and sage. Rub over surface of meat. Set meat fat side up in a roasting pan.
2. Roast at 325F 1 1/2 hours.
3. For topping, mix applesauce with brown sugar, cinnamon, mace, and salt. Spread on top of meat.
4. Roast about 45 minutes longer, or until done.

Entrees

SAUERKRAUT WITH PORK

2 pounds pig's feet or lamb hocks
2 pounds neck bones or spareribs
3 tablespoons lard or margarine
1 large onion
1 clove garlic, crushed
1 1/2 quarts boiling water
1 green pepper, diced
4 whole allspice
1 bay leaf
1/2 teaspoon celery seed
1 quart (about 2 pounds) sauerkraut
1/4 cup barley
1 small apple, chopped
1/2 teaspoon caraway seed
2 teaspoons salt
1/2 teaspoon pepper

1. Brown all meat in lard in a large kettle.
2. Add onion and garlic. Fry 1 minute.
3. Add boiling water, green pepper, allspice, bay leaf, and celery seed.
4. Cover; cook 1 hour or until meat is tender.
5. Remove meat; cool. Boil until broth is reduced to 3 cups.
6. Discard bones and gristle from meat. Drain and rinse sauerkraut.
7. Cook barley in the broth 15 minutes. Add meat, sauerkraut, apple, caraway seed, salt, and pepper. Cook 45 minutes longer.
8. Serve with potato dumplings, if desired.

Entrees

SMOTHERED PIGEONS

3 tablespoons butter
2 pigeons (about 2 pounds)
3 onion, sliced
1 cup meat stock or broth
2 tart apples, cored and sliced
1/4 cup sliced mushrooms
Juice of 1/2 lemon
1/3 cup Madeira
1 tablespoon butter or margarine (at room temperature)
1 tablespoon Browned Flour
1 cup dairy sour cream

1. Melt butter in a large skillet. Saute pigeons in butter 15 minutes. Remove pigeons.
2. Fry onions in the butter left in skillet until tender. Add stock, sliced apples, mushrooms, and lemon juice. Mix well and bring to boiling. Add wine.
3. Mix butter with flour until smooth. Stir into liquid in skillet. Cook and stir until mixture is thickened.
4. Dip pigeons in sour cream; return to skillet. Cook, covered, until tender.

Browned Flour: Spread 1 1/2 cups all-purpose flour in a shallow baking pan. Place on lowest position for broiler. Broil and stir about 20 minutes, or until flour is golden brown. Stirring must be almost constant to prevent burning. If flour burns, skim off burned portion and continue browning remainder. Cool. Store in tightly covered container.

Entrees

SMOTHERED STUFFED CHICKEN

1 chicken (about 3 pounds)
1/2 teaspoon salt
1/8 teaspoon pepper
2 tablespoons butter
1 1/4 cups dry bread cubes or pieces
1/4 cup chopped onion
1/2 teaspoon dill weed
1/4 cup hot milk
1/3 cup butter, melted

1. Sprinkle inside of chicken with salt and pepper. Tuck wing tips underneath wings. Chop liver.
2. Saute liver in 2 tablespoons butter for 2 minutes. Add bread cubes, onion, dill, and milk; mix.
3. Stuff chicken. Close and secure with poultry pins. Place in a ceramic or earthenware casserole.
4. Pour melted butter over chicken. Cover.
5. Bake at 350F about 1 hour, or until chicken is tender.
6. If desired, remove cover. Baste. Increase temperature to 450F.

Bake 10 minutes to brown.

Entrees

STUFFED CABBAGE

(Variation 3 – see page # and page #)

1 whole head cabbage (about 4 pounds)
Boiling salted water
1 onion, chopped
2 tablespoons oil
1 1/2 pounds ground beef
1/2 pound ground fresh pork
1 1/2 cups cooked rice
1 teaspoon salt
1/4 teaspoon pepper
2 cans (about 10 ounces each) condensed tomato soup
2 1/2 cups water

1. Remove core from cabbage. Place whole head in a large kettle filled with boiling salted water. Cover; cook 3 minutes, or until softened enough to pull off individual leaves (about 30). Cut thick center stem from each leaf. Chop remaining cabbage.
2. Sauté onion in oil. Add meat, rice salt, and pepper. Mix thoroughly. Place a heaping tablespoonful of meat mixture on each cabbage leaf. Tuck sides over filling while rolling leaf around filling. Secure with wooden picks.
3. Place half the chopped cabbage on bottom of a large Dutch oven. Fill with layers of the cabbage rolls. Cover with remaining chopped cabbage.
4. Combine tomato soup with water; mix until smooth. Pour over cabbage rolls. Cover and bring to boiling. Reduce heat and simmer 1 1/2 hours.
5. Serve cabbage rolls with Melted Butter, Sour Cream or Tomato Sauce.

Entrees

WILD DUCK, GOOSE OR PARTRIDGE

2 partridges, 1 duck, or 1 goose
12 peppercorns
1 onion, quartered
Salt
14 to 20 juniper seeds, ground or mashed
2 tablespoons bacon drippings or butter
1/2 cup water
2 cups sliced red cabbage
1 large onion, sliced
1/2 cup water
1 tablespoon cornstarch or potato starch
2 tablespoons water
1/2 teaspoon sugar
1 teaspoon vinegar
3/4 cup red wine

1. Place partridge in a plastic bag with peppercorn and quartered onion. Refrigerate 3 days to age.
2. Discard peppercorns and quartered onion. Cut up bird. Sprinkle with salt and juniper. Let stand 1 hour.
3. Heat bacon drippings in a large skillet. Brown bird in the drippings; add 1/2 cup water. Cover and simmer 1 hour.
4. Add cabbage, sliced onion, and 1/2 cup water. Cover and simmer 30 minutes. Remove the meat to a warmed platter.
5. Mix the cornstarch with 2 tablespoons water to make a smooth paste. Stir into drippings in pan.
6. Stir in sugar and vinegar; bring to boiling. Cook and stir 2 minutes. Remove from heat. Stir in wine.

Soups

BROTH, CHICKEN

1 chicken (3 1/2 pounds)
2 teaspoons salt
7 cups boiling water
2 carrots
1/4 small head savoy cabbage
2 stalk celery
1 parsley root (optional)
1 large onion, quartered
5 whole peppercorns
1 tablespoon chopped parsley

1. Simmer chicken with salt in boiling water 30 minutes.
2. Add carrots, cabbage, celery, parsley root (if desired), onion, peppercorns, and parsley.
3. Remove chicken. Strain broth. Quickly chill broth, then skim off fat. Store broth in refrigerator or serve hot with dumplings.
4. Use chicken meat for other dishes. Fat can be used in cooking instead of butter.

Soups

BROTH, FISH

1 large onion, quartered
2 tablespoons butter or margarine
1/2 small head savoy cabbage
2 carrots, cut up
1 parsley root, cut up
3 quarts water
6 peppercorns
1 bay leaf
Salt
2 pounds fish fillets
1 teaspoon lemon juice
1 teaspoon salt
1/2 teaspoon nutmeg

1. Brown onion in butter in small skillet.
2. Meanwhile, simmer the vegetables in water with peppercorns, bay leaf, and salt to taste 15 minutes.
3. Add onion and fish to vegetables; simmer about 10 minutes, or until fish flakes easily.
4. Remove fish and vegetables. Use for another dish, if desired, or discard.
5. Strain broth. Add lemon juice, salt, and nutmeg.
6. Boil broth rapidly 10 minutes. Strain again, if desired. Serve as a clear soup.

Soups

BROTH, MEAT

2 pounds beef shank or short ribs, or pork neckbones
1 pound marrow bones
3 quarts water
1 large onion, quartered
2 leaves cabbage
2 sprigs fresh parsley or 1 tablespoon dried parsley flakes
1 carrot, cut up
1 parsnip, cut up
1 stalk celery, cut up
5 peppercorns
1 tablespoon salt

1. Combine beef, bones, and water in a 6-quart kettle. Bring to boiling. Boil 15 minutes, skimming frequently.
2. Add remaining ingredients. Simmer rapidly about 1 1/2 hour, or until meat is tender.
3. Strain off broth. Chill quickly. Skim off fat.
4. Remove meat from bones. Set meat aside for use in other dishes. Discard bones, vegetables, and peppercorns.
5. Return skimmed broth to kettle. Boil rapidly about 15 minutes, or until reduced to about 6 cups. Store in refrigerator until needed.

Soups

KVAS, BEET

BASE FOR SOUPS

This is a beverage as well as cold soup stock.

5 to 6 cups boiling water

3 cooked beets, sliced

1/2 cup vinegar

1. Pour boiling water over beets; add vinegar. Let stand at room temperature 2 to 4 days.
2. Drain off juice and use as base for soup.

KVAS, BREAD

BASE FOR SOUPS

This is a beverage as well as cold soup stock.

1 quart hot water

1 pound beets, pared and sliced

1 rye bread crust

1. Pour hot water over beets in a casserole. Add bread. Cover with a cloth. Let stand 3 to 4 days.
2. Drain off clear juice and use as base for soup

Soups

Rye Flour Kvas is a Base for soup or an acidulate in beet soup

KVAS, RYE FLOUR

Rye kvas is a mildly tart liquid made by fermenting a yeast-raised batter diluted with water. It is used as a base in a number of chilled soups or as an acidulate in borshch in place of beet kvas.

4 cups rye flour

6 to 8 cups lukewarm water

1. Put flour into a crock and gradually mix water into flour until smooth and the consistency of pancake batter. Cover with a cloth.
2. Keep in warm place 48 hours. Mixture will bubble. When brown liquid comes to top and bubbling stops, it is done. Skim off foam.
3. Fill crock with cold water; stir. Flour settles to bottom in a few hours. Pour off clear liquid and refrigerate liquid in jars.

Another variation for RYE KVAS

1 cup boiling water

1 cup rye flour

1 teaspoon sugar

1/4 cup lukewarm water

1 package dry granular yeast

4 quarts boiled water, lukewarm.

Pour boiling water over the flour and stir briskly until smooth. Cool to lukewarm. Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let it stand for 10 minutes. Combine with the cooled batter, cover, and let it rise until light and double in bulk. Stir it into 4 quarts of boiled water cooled to lukewarm. Cover and let it stand in a warm place for 3 to 4 days. When the liquid is clear and tastes mildly sour, pour it off carefully without disturbing the bottom layer. Cover and keep the kvas in a refrigerator. Use it in borshch or as a base in chilled soups.

Soups

SOUP, BARLEY (krupnik)

1 cup pearl barley
2 quarts meat stock
1/4 cup butter or margarine, cut in pieces
2 carrot, diced
2 potatoes, diced
4 ounces (canned or frozen) mushrooms, sliced
1 stalk celery, chopped
Giblets from 1 chicken or turkey, diced (optional)
1 teaspoon dried parsley flakes
1 1/2 teaspoon salt
1/2 teaspoon pepper
1 cup dairy sour cream (optional)
Sprig or fresh dill

1. Combine barley with 1 cup of the meat stock in large saucepan. Bring to boiling; reduce heat and simmer until all stock is absorbed. Add butter piece by piece, stirring.

2. Boil vegetables and, if desired, giblets in the remaining stock until crisp-tender. Then add barley, parsley, salt, and pepper. Cook until barley is tender.

3. Garnish each serving with sour cream, if desired, and dill.

Soups

SOUP, BEET (BORSCH) WITH MEAT

1/4 pound salt pork, diced
1 large leek, thinly sliced
1 medium onion, sliced
1 celery or parsley root (about 6 ounces), peeled and cut in thin strips
3 beets (about 1/2 pound), peeled and shredded
1/2 head cabbage (about 1/2 pound), thinly sliced
2 quarts water
1 1/2 pounds cooked meat like kielbasa (Polish sausage), ham, beef, or pork, diced
1 can (8 ounces) whole tomatoes
1 cup Rye Flour Kvas
2 tablespoons flour
1 teaspoon salt
1/2 teaspoon pepper
1 1/2 tablespoons lemon juice or vinegar
1 cup whipping cream or dairy sour cream
Prepared horseradish (optional)

1. Fry salt pork until golden in a 5-quart kettle. Add leek and onion. Fry until onion is transparent.
2. Add celery root, beets, cabbage, water, and meat. Cook until celery root is crisp tender; about 25 minutes.
3. Add tomatoes and kvas; mix. Cook over medium heat 30 minutes.
4. Make a smooth paste of butter and flour; stir into the simmering soup. Cook and stir until soup thickens. Add salt, pepper, and lemon juice; mix.
5. To serve, spoon a small amount of cream and horseradish into each bowl. Ladle hot soup into bowl and stir to blend with the cream and horseradish.

Soups

SOUP, MUSHROOM

1 carrot
2 sprig parsley
1 stalk celery
2 small onions, sliced
1 teaspoon salt
2 cups water
1/2 pound fresh mushrooms, sliced, or 2 cans
(4 ounces each) mushrooms
1 cup water or mushroom liquid
1 teaspoon dill weed
1 teaspoon chopped parsley
1 tablespoon flour
1/4 cup cold water
1/2 cup dairy sour cream or whipping cream

1. Cook carrot , parsley, celery, 1 onion, and salt in 2 cups water 20 minutes. Strain; discard vegetables.
2. Cook mushrooms and remaining onion in 1/2 cup water 8 minutes. Add to the vegetable broth along with 1/2 cups water, dill, and parsley.
3. Mix flour with 1/4 cup cold water. Stir into soup. Bring to boiling. Cook and stir 3 minutes. Remove from heat.
4. Beat in sour cream. Serve hot.

Soups

SOUP, SAUERKRAUT (kapusniak)

2 pounds pork shanks, ham hocks, or pigs'feet
1 quart water
1 medium onion, sliced
1 bay leaf
5 peppercorns
1 sprig parsley or 1/4 teaspoon dried parsley flakes
1 pound sauerkraut
2 cups meat broth, bouillon, or meat stock
8 to 12 ounces bacon or smoked link sausage, diced (optional)
1/4 cup raisins or 2 tablespoon sugar (optional)
3 tablespoons lard or margarine (at room temperature)
3 tablespoons flour
1/2 teaspoon salt
1/4 teaspoon pepper

1. Cook pork shanks in water in a 5-quart kettle 20 minutes. Skim off foam. Add onion, bay leaf, peppercorns, and parsley. Cook about 45 minutes, or until meat is tender.
2. Remove meat from broth. Strain broth; return to kettle.
3. Remove meat from bones; discard skin and bones. Dice meat.
4. Rinse sauerkraut with cold water; drain.
5. Add sliced meat, drained sauerkraut, beef broth, and if desired, bacon and raisins to kettle. Simmer 1 hour.
6. Mix lard and flour to a smooth paste; stir into simmering soup. Cook and stir over medium heat until thickened. Mix in salt and pepper.
7. Serve with plain boiled potatoes or potato dumplings, if desired.

Soups

SOUP, VOLHYNIAN BEET (borch volyns'kij)

1/4 cup dried navy or beans
2 cups water
2 cups Bread Kvas
2 cups meat broth, bouillon, or meat stock
6 medium beets, cooked and peeled
1 can (16 ounces) tomatoes (undrained)
1 small head cabbage (about 1 1/2 pounds)
1 small sour apple
Salt and pepper
1 tablespoon butter (optional)
Dairy sour cream

1. Bring beans and water just to boiling in a large kettle. Remove from heat. Let stand 1 hour. Then boil for 20 minutes, or until beans are tender.
Add kvas and meat broth.
2. Slice beets. Mash tomatoes or make a puree by pressing through a sieve or using an electric blender. Add beets and tomatoes to beans.
3. Cut cabbage into sixths; remove core. Pare apple, if desired; core and dice. Add cabbage and apple to beans.
4. Season to taste with salt and pepper. Stir in butter, if desired. Cook soup over medium heat 30 minutes.
5. To serve, spoon a small amount of sour cream into each bowl. Ladle in hot soup and stir.

Vegetable, Salads & Sauces

COLD HORSERADISH SAUCE

6 ounces prepared cream-style horseradish
1 large apple, pared and shredded
1 1/2 cups dairy sour cream
1/2 teaspoon sugar
1/4 teaspoon salt

1. Mix horseradish with apple. Add sour cream; stir in sugar and salt.
2. Serve with cold meat, hard-cooked eggs, and fish.

CUCUMBERS IN SOUR CREAM

3 cups sliced cucumbers
Salt
1/4 cup chopped fresh dill or 2 tablespoons dill weed
1 cup dairy sour cream or yogurt

1. Sprinkle cucumbers with salt. Let stand 30 minutes. Pat dry with paper towels.
2. Stir dill into sour cream. Add cucumbers; mix well.

RADISHES WITH SOUR CREAM:

Follow directions for cucumbers in sour cream; substitute radishes for cucumbers and omit step 1.

Vegetable, Salads & Sauces

GREEN ONION SAUCE

1 cup dairy sour cream
3 tablespoons sliced green onion
1 egg yolk, beaten
2 tablespoons prepared mustard
1 teaspoon lemon juice
1/4 teaspoon sugar
1/4 teaspoon salt

1. Combine sour cream, green onion, egg yolk, prepared mustard, lemon juice, sugar, and salt.
2. Serve hot or cold.

MUSHROOM SAUCE

1 pound mushrooms, sliced
1 large onion, chopped
1 cup chicken or meat broth or bouillon
3 tablespoons flour
2 tablespoons melted butter
1/2 cup dairy sour cream
1 teaspoon lemon juice
Salt and pepper

1. Simmer mushrooms with onion in bouillon 15 minutes.
2. Blend flour into butter. Stir into mushrooms. Bring to boiling, stirring.
3. Remove from heat. Stir in sour cream, lemon juice, and salt and pepper to taste.

Vegetable, Salads & Sauces

SAUERKRAUT

1 pound sauerkraut, drained
5 slices bacon, diced
1 1/2 cups water
1 tablespoon flour
1/2 cup dairy sour cream

1. Rinse sauerkraut if mild favor is desired. Drain well.
2. Fry bacon in a skillet until golden. Drain off 1 tablespoon fat; set aside.
3. Add sauerkraut to skillet. Fry 3 minutes, stirring often.
4. Add water. Cover and cook 45 minutes over medium heat.
5. Blend flour into reserved bacon fat. Stir into sauerkraut. Cook and stir over high heat 2 minutes. Stir in sour cream, if desired. Remove from heat.

SAUERKRAUT SALAD WITH CARROTS AND APPLES

1/4 cup salad or olive oil
1 1/2 teaspoon sugar
1 teaspoon caraway seed
1/2 teaspoon salt
1 teaspoon vinegar
1 pound sauerkraut, drained
2 medium tart apples, peeled, cored, and diced
3/4 cup grated carrot

1. Combine oil, sugar, caraway seed, salt, and vinegar.
2. Rinse and drain sauerkraut well; chop. Stir into oil mixture.
3. Add apples and carrot; toss to mix.

Vegetable, Salads & Sauces

SOUR CREAM SAUCE

2 hard-cooked eggs
1 cup dairy sour cream
1 teaspoon prepared mustard or dill
1/4 teaspoon sugar
1/4 teaspoon salt
1/8 teaspoon pepper

1. Press eggs through a sieve. Add sour cream and beat with a mixer at medium speed 3 minutes. Add mustard, sugar, salt, and pepper. Beat 1 minute at high speed.
2. Serve with ham or veal.

STUFFED TOMATOES

4 medium tomatoes.
1/3 cup chopped onion
2 tablespoons butter or margarine
1/2 pound ground beef or pork (optional)
1 cup cooked rice
1 tablespoon chopped fresh dill or 1 teaspoon dill weed
1/2 teaspoon salt
1/4 teaspoon pepper
1/3 cup dairy sour cream
Fine dry bread crumbs

1. Remove cores and seeds from tomatoes.
2. Sauté onion in butter. Add meat ; cook until browned. Add rice, dill, salt, pepper, and sour cream; mix well.
3. Stuff tomatoes with rice mixture. Sprinkle bread crumbs on top. Phase in a shallow casserole or baking dish. Cover.
4. Bake at 375F 20 minutes. Remove cover. Continue baking until tender.

Note; Green peppers may be substituted for tomatoes, if desired.

Mamma Sandy Recipes

Purely Ethnic - Ukrainian Christmas Food

This section features a collection of recipes purely from Europe!



Ukrainian Choir at Christmas!

Ukrainians around the world celebrate Christmas according to the Julian calendar (January 7th). To commemorate Christ's birth, the evening before (Sviat Vechir/Christmas Eve) a ritual meal is prepared with 12 meatless dishes. A kolach, or a braided, ring-shaped bread, symbolic of eternity and life, serves as a centerpiece for the meal.

Mamma Sandy Recipes

A Collection of Favorites - Purely Ethnic - Ukrainian Christmas 12 Courses

Ukrainians around the world celebrate Christmas according to the Julian calendar (January 7th). Other Ukrainians in the USA celebrate Christmas on December 25th. To commemorate Christ's birth, the evening before (Sviat Vechir/Christmas Eve) a ritual meal is prepared with 12 meatless dishes. A kolach, or a braided, ring-shaped bread, symbolic of eternity and life, serves as a centerpiece for the meal.

The recipes differ from region to region, but here are the ones which my family prepares for Christmas Eve. The total number of recipes given below is 15. We make only 12 of them.

Smachnoho (so tasty)! Enjoy!

Khrystos Rozhdayetsya (Christ is Born)!

12 Courses Credit for all recipes except Kolach, given to: naciuk@freenet.calgary.ab.ca

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12 Courses for Ukrainian Christmas

Beets with Mushrooms

3 cups chopped beets
1/2 teaspoon lemon juice
1 cup mushrooms (fresh or canned)
1 medium onion
3 to 4 tablespoons oil
1 clove garlic, chopped finely
salt and pepper to taste

Chop the raw beets finely and then boil in a bit of water until tender yet firm. Add lemon juice to beets. Simmer for 5 minutes.

Rinse mushrooms in hot water. Drain. Saute onion in oil, then add mushrooms and crushed garlic and simmer for a half hour. Combine with beets and simmer 15 minutes longer. Salt and pepper to taste and serve hot.

12 Courses for Ukrainian Christmas

Meatless Borsch

1 large onion, chopped
3 tbsp. vegetable oil
1 cup fresh or dried mushrooms
2 cups beets, sliced into strips
1 cup diced carrots
1 potato, diced
1 tsp. fresh parsley
1/2 tsp. dill (fresh or frozen)
8 to 9 cups water
3 cups shredded cabbage
1/2 cup tomato juice
3 peppercorns
2 cloves garlic, crushed
salt and pepper
1 tablespoon lemon juice

Sauté onion in oil until transparent. Add mushrooms, sauté slightly and set aside. Cover beets, carrots, potato, parsley/dill with water and cook until barely tender. Add cabbage and cook until slightly tender. Add onions, mushrooms, tomato juice, peppercorns, garlic and salt and pepper to taste. Bring to boil. Add lemon juice and serve.

Baked/Fried Fish

Any variety of fish baked or fried, but if frying use only vegetable/olive/hemp oil (in keeping with the meatless nature of the meal).

12 Courses for Ukrainian Christmas

Compote

Choose an assortment of dried fruits such as apples, apricots, prunes, peaches, pears, figs or raisins and soak the fruit overnight in water. Next day, simmer until tender and add honey to sweeten to taste.

12 Courses for Ukrainian Christmas

Cooked Beans

2 cups white beans
7 cups water
1/8 teaspoon baking soda
1 teaspoon salt
2 cloves garlic
1 onion, diced
2 tsp. cooking oil

Boil beans in water, adding baking soda and salt when almost done. Continue simmering until beans are tender. Drain if necessary and set liquid aside for later. Mash beans well, adding bean liquid a little at a time until it is of a thick consistency. Crush garlic and stir into beans. Saute onions in oil and put on top of beans before serving.

12 Courses for Ukrainian Christmas

Holubtsi (Cabbage Rolls) With Rice and Buckwheat Filling

These are 2 recipes as they have 2 different fillings.

To prepare the cabbage:

Place one large head of cored cabbage in a deep pot of boiling water to which salt has been added. Remove the leaves as they become soft. Cool and drain the leaves and remove any remaining core. Cut the leaves to the desired size (personally I cut them about 3" wide). Grease a casserole dish and place a few leaves of cabbage to line it. Put a tablespoon full of filling (filling recipes follow) into each leaf and roll it up tucking in the edges of the leaves as you roll. Arrange the holubtsi in layers, adding some fried onions and garlic (to taste, sautéed in olive oil) between the layers. When the dish is filled, place extra prepared cabbage leaves over the top to prevent scorching. Cover and place in 325 degree oven for 1 1/2 to 2 hours or until both the cabbage and filling are tender. For a nice variation you could also use grape or beet leaves. Also, you could pour some tomato juice over the top to add flavor.

Rice Filling

2 cups rice

2 cups water

2 teaspoons salt

1 medium onion, chopped

4 tablespoons olive oil

Wash rice well. Add water and stir in salt. Bring to boil and cook for one minute. Stir and cover. Turn down heat and simmer until rice starts to get tender. Remove from heat and let stand covered until the rest of the water is absorbed. The rice at this stage will only be partly cooked. Sauté chopped onion in olive oil and add to the rice. Season to taste. Cool and roll into cabbage.

Continued on next page . . .

12 Courses for Ukrainian Christmas

Holubtsi (Cabbage Rolls) With Rice and Buckwheat Filling

Continued from previous page . . .

Buckwheat Filling

2 cups buckwheat groats

2 teaspoons salt

4 cups water

4 to 5 tablespoons olive oil

4 cups water

Brown groats very lightly in the oven. Place in pot with boiling salted water. Add 4 tbsp olive oil. Cook until water is absorbed. Cover and bake in a 350 degree oven for 30 minutes. After baking allow the buckwheat to cool. Sauté chopped onion in 1 tbsp of olive oil. Add the sautéed onions to the cooked buckwheat. Cool and fill the holubtsi.

12 Courses for Ukrainian Christmas

Kapusta and Peas

1/2 cup dried peas, either split or whole
2 cups sauerkraut
1/2 cup water
1 medium onion, chopped
1/4 cup vegetable oil
2 tablespoons flour
1 clove garlic, crushed
salt and pepper

Soak peas overnight. Rinse and drain. Cover with fresh water and cook until tender. Drain. Rinse sauerkraut in cold water and drain. Add the water and cook for 15 minutes. Combine peas and sauerkraut, draining and reserving the liquid.

Sauté onion in oil. Sprinkle flour over onions and brown lightly. Add liquid from cooked sauerkraut and peas. Add crushed garlic and stir until sauce thickens.

Stir sauce into sauerkraut and peas. Add salt and pepper to taste, simmer for 30 minutes and serve.

12 Courses for Ukrainian Christmas

Kolach (Makes 3 Loaves)

1 tsp. Granulated Sugar	2 cups Whole Milk
1 cup lukewarm Water	3 large Eggs, slightly beaten
2 packages Dry Yeast	1/4 cup Granulated Sugar
Dissolve sugar in the lukewarm water and sprinkle the yeast over the top. Let the mixture stand for about 10 minutes.	1 tsp. Salt
	2 Tbs. Butter, melted
	8-9 cups All-purpose Flour, sifted
	1 whole Egg, beaten with 2 Tbs. Water for Glaze
	2 Tbs. Poppy Seeds

Scald the milk in a large saucepan over medium-high heat and then let cool to lukewarm, about 110-F degrees.

In a large mixing bowl, combine the yeast mixture with the warm milk, eggs, sugar, salt, and melted butter. Add 3 cups of flour and beat until smooth. Cover the dough and let rise in a warm place for about an hour. Gradually mix in the remaining flour until a soft dough forms.

Turn the dough out onto a lightly floured surface and knead until the dough appears smooth and elastic. Place the dough in a greased bowl, turning once to coat with the oil. Cover and let rise for about an hour, or until doubled in size. Push down the dough and let rise for another hour, or until doubled in size again.

Divide the dough into three equal parts. On a lightly floured surface, divide one portion into three equal parts. Roll each portion into a 10-inch to 12-inch rope. Braid the three ropes together, starting at the middle and working your way out to both ends. Join the ends together to form a braided ring, leaving the center open.

Repeat the rolling and braiding process with the two remaining portions of dough.

Place the loaves on greased baking sheets. Cover and let rise until almost double in size. Brush the loaves with the egg-and-water glaze and sprinkle with poppy seeds.

Bake in a pre-heated 375-F degree oven for about 45 minutes or until golden. Cool on wire racks. Serve warm or store in an airtight container for use later.

Also see page 37 for similar recipe.

12 Courses for Ukrainian Christmas

Kutya

A nutritional sweet dessert served with the Holy Christmas Supper. It should be prepared several days in advance as-to savor flavor. Refrigerated, it lasts 2 weeks or so.

2 cups cleaned wheat kernels/berries
3 to 4 quarts water
1 cup cleaned poppy seed
¼ to ½ teaspoon salt
⅓ cup honey
⅔ cup sugar
½ cup hot water
1 teaspoon or so of cinnamon to taste
½ cup chopped walnuts or pecans

Wash wheat in cold water until the water runs clear. Soak it overnight in 3 to 4 quarts of water. The next day, salt the wheat and water, bring it to a boil, then simmer for 4 to 5 hours, stirring occasionally to prevent sticking. You can also place it in the oven on 350° stirring occasionally. The wheat is ready when the kernels burst open and the fluid is thick and creamy.

Chop the poppy seed in a food processor and set aside. Mix honey, sugar and hot water. Before serving, mix the honey mixture, poppy seeds, and chopped nuts and wheat. More honey can be added to taste. Sprinkle cinnamon for taste.

12 Courses for Ukrainian Christmas

Oseledsi (Pickled Fish)

2 filleted whitefish (preferably caught while ice fishing) or 4 salt herrings
2 large onions (sliced)
milt* (optional)
1 cup white vinegar
1/4 cup water
1/2 cup dry white wine
1 tbsp pickling spices
additional sugar if desired

Wash the whitefish (or herring) fillets and soak in cold water for about 12 hours, changing the water two or three times. Wash again and cut into the size you want to serve. Place into a jar or crockery layering the onions and milt between the fish. Boil vinegar, water, wine, spices, and additional sugar for 10 minutes. Let the boiled mixture cool. Strain and pour it over the fish. Let stand at room temperature for three to four hours. Then store in the fridge for another half day.

*Milt is the sperm sac from the male fish. It adds a salty taste and milky look to the pickled fish.

12 Courses for Ukrainian Christmas

Pampushky (Donuts with no hole)

2 packages yeast
8 cups flour
4 eggs
2 tablespoons melted butter
3 cups milk
2 teaspoons sugar
1 teaspoon salt

Dissolve yeast as instructed on package. Let stand 10 minutes. In a large bowl, put in part of the flour (about 6 cups), making a well in the middle. Beat the eggs lightly, add melted butter, milk, sugar and salt. Add this mixture to the flour along with the yeast. Mix well and knead until dough is soft and not sticky adding the remaining flour only as necessary.

Knead about 10 minutes. Cover and let rise in a warm spot until double in bulk. Punch down and knead lightly. Let rise again. (OR for a quicker, easier dough, make a batch of sweet dough in a bread machine with a manual setting, letting the machine take care of the kneading.)

Take a small amount of dough and roll on a lightly floured table. It must be fairly thick. Cut out rounds, coffee mugs work well. Place a small amount of one of the fillings (filling recipes below) in the centre, bringing the edges together and pinch well to seal tightly. Place pampushky seam side down on lightly floured surface, cover and let rise a while, about 15 minutes. Do not let over-rise. Deep fry in canola oil, heated to about 375 F, for about 3 minutes, turning them to brown on both sides. When removing, try to have most of the oil back into the pan, then place pampushky on thick layers of paper towel to absorb additional oil.

Continued on next page . . .

Pampushky (Donuts with no hole)

Continued from previous page . . .

Some alternative fillings for pampushky:

Poppy Seed (Maky) Filling

1 cup poppy seeds
1 cup raisins (optional), rinsed and drained
1/3 cup honey
1/2 cup finely chopped nuts
1 teaspoon vegetable oil

Grind the clean dry poppy seed in a coffee grinder and add to the moistened raisins. Combine well the honey, nuts, vegetable oil and then fold into the poppy seed.

Apricot Filling

1 pound apricots
Sugar to taste
1/4 cup crushed walnuts
Dash of cinnamon
1 tsp. of lemon juice

Boil apricots until soft. Drain thoroughly. Put through a food processor or blender. Add the remaining ingredients. Blend well.

Prune Filling

The same recipe as for apricots but substituting 1 lb. of pitted prunes.

12 Courses for Ukrainian Christmas

Varenyky (pyrogies)

With Potato, Sauerkraut, and Prune Filling.

These are 3 recipes as they have 3 different fillings.

Dough

4 cups flour
2 tsp. salt
2 tbsp olive oil
2 eggs well beaten
1 cup water

Combine flour and salt. Add remaining ingredients. Knead until smooth and elastic. Cover and let stand at least 15 minutes. Roll out thin on a floured board. Cut out rounds with a glass or beer mug.

Add 1 tbsp of filling (recipes given below) to each round of dough, fold over and pinch the dough together well. When boiling add a little salt and oil to the water so they don't stick together. When they come to the surface, they're ready.

Potato Filling

1/2 cup chopped onion
2 tbsp. vegetable oil
2 cups mashed potatoes
salt and pepper to taste

Saute onions in oil. Add potatoes, season to taste, and mix well.

Continued on next page . . .

Varenyky (pyrogies)

Continued from previous page . . .

Kapusta (sauerkraut) Filling

2 cups sauerkraut

1/2 cup onion, chopped

4 tbsp. vegetable oil

pepper to taste

Bring sauerkraut to boil in some water. Rinse, cool, drain and squeeze out water. Chop finer if you want. Saute onions in oil and add to sauerkraut. Season with pepper to taste.

Prune Filling

1 cup packaged, dried prunes

1/2 cup water

honey

Bring prunes and water to a boil, let cool and drain. Chop prunes very fine and add honey to taste.

The End!